Orange: Tangerines

Tangerines were named for the city of Tangiers in Morocco that was long famous for them. Tangerines, like oranges, are high in Vitamin C, folate, and beta-carotene. They are also a good source of potassium, magnesium, and Vitamins B1, B2, and B3.

Avocado Mandarin Tossed Salad

1 can (11 oz) mandarin oranges, drained
½ cup thinly sliced green onions
1/3 cup coarsely chopped pecans, toasted
1/8 tsp pepper
4 cups torn salad greens
1 medium ripe avocado, peeled and sliced
¼ cup prepared Italian salad dressing or other vinaigrette dressing

In a bowl, combine the oranges, onions, and pepper; refrigerate for 30 minutes. Just before serving, place the greens in a salad bowl; top with orange mixture, avocado slices, and toasted pecans. Drizzle with dressing.

1 cup provides 1 serving of vegetables.