

Yummy citrus fruits are also full of flavonoids

Citrus fruits have long been valued as part of a nutritious and tasty diet. The flavors provided by citrus are among the most preferred in the world, and it is increasingly evident that citrus not only tastes good, but is also good for people.

Citrus fruits include oranges, lemons, limes and grapefruits, in addition to tangerines and pomelos. Not only are the citrus fruits in this diverse group delicious and refreshing, they earn their definition of an all-star food because they contain compounds called flavonoids, which may have anti-cancer properties.

Citrus flavonoids are also antioxidants that can neutralize free radicals and may protect against heart disease. Studies show that citrus flavonoids may improve blood flow through coronary arteries, reduce the ability of arteries to form blood clots and prevent the oxidation of LDL ("bad") cholesterol, which is an initial step in the formation of artery plaques.

Citrus fruits are also high in vitamin C and are good sources of folate and thiamin. Vitamin C is a powerful antioxidant and protects the body from damaging free radicals. It is also required for the synthesis of collagen, which helps wounds heal and helps hold blood vessels, tendons, ligaments and bone together. The vitamin C in citrus fruit strongly enhances the absorption of iron in food. Vitamin C binds to iron in the digestive tract and the iron-vitamin C complex is absorbed together.

Folate is necessary for cell division and DNA synthesis. Thiamin is a B

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Stirring It Up

vitamin important in metabolism. Plus, they have no fat, sodium or cholesterol.

While the orange is a favorite among citrus, there are many other unique varieties of citrus that you may not have heard about. Try something new!

- Cara cara orange — a type of navel orange that looks like a regular orange on the outside, but is a distinctive pinkish red on the inside. Cara cara oranges are very sweet and have a tangy hint of cranberries.

- Blood orange — smaller than the average orange, the blood orange gets its name from the striking bright red to maroon interior. Blood oranges have an intense orange flavor with a hint of fresh raspberry.

- Pomelo — the largest citrus fruit, the pomelo closely resembles the grapefruit. Pomelos have a thick yellow to green skin, with an interior that ranges from white to deep pink. Pomelos taste sweeter and less acidic than grapefruit.

- Minneola tangelo — a hybrid between the grapefruit and tangerine, this fruit has a refreshing combination of tart and sweet flavors.

Citrus fruits deliver much flavor in the kitchen. Whether using citrus pulp, juice or zest, the acidity enhances and helps bring out other flavors in both sweet and savory dishes. An ideal complement to seafood and chicken dishes, citrus can also be

used to brighten marinades, vinaigrettes and desserts.

With a few exceptions, citrus fruits are perfectly portable and ideal for snacking. Select fruit that is heavy for its size and free of soft or brown spots. Store citrus fruit at room temperature if you'll eat it in a week or so; otherwise, it will keep in the crisper for six to eight weeks.

Thanks to a protective rind, citrus fruits keep well. Though many can be found year-round, most citrus fruits peak during fall and winter.

Try making a salad of greens, orange segments, avocado slices, onions and lime vinaigrette. Another great combination includes orange or grapefruit segments, chicken, walnuts and a vinaigrette with a dash of hot sauce or soy sauce and ginger.

Squirt some lemon juice on fresh-cut fruits or fresh guacamole to prevent them from browning quickly.

Honey-Citrus Chicken Kabobs

- 1/2 cup lime juice
- 1/2 cup lemon juice
- 1/2 cup honey
- 1 garlic clove, minced
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1 each medium green, sweet red and yellow pepper, cut into 1-inch pieces

In a small bowl, combine lime juice, lemon juice, honey and garlic. Pour 1-1/4 cups into a large re-sealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate at least 30 minutes.

Cover and refrigerate remaining marinade for basting. Drain and discard marinade.

On eight metal or soaked wooden skewers, alternately thread chicken and peppers.

Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack.

Grill, covered, over medium-hot heat or broil 4 inches from the heat for 8-10 minutes or until chicken is no longer pink, turning and basting frequently with reserved marinade.

Citrus Yogurt Cake

- 3-1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 2 cups yogurt plain or vanilla
- 1 teaspoon vanilla extract
- 1 orange or lemon, zested (or more to taste)
- 1-1/2 cups sugar
- 3 large eggs
- 1 cup olive oil
- Confectioners' sugar
- Orange or lemon slices

Preheat oven to 350°F. Butter and flour a bundt pan. Mix together flour, baking powder, baking soda and salt. Combine yogurt, citrus zest and vanilla. Cream sugar and the egg; add oil.

Alternately, add flour mixture with yogurt, mix until just combined, being careful not to over mix.

Pour batter into prepared pan, bake 50-55 minutes until a toothpick comes out clean.

Cool in pan on a rack for 10 minutes.

Sprinkle cooled cake with confectioners' sugar, if desired, and serve with orange or lemon slices.

Citrus Garlic Shrimp

- One 16-ounce package linguine
- 1/2 cup olive oil
- 1/2 cup orange juice
- 1/2 cup lemon juice
- 3 garlic cloves, minced
- 1 teaspoon salt
- 1 tablespoon pepper
- 4 teaspoons grated lemon peel
- 5 teaspoons grated orange peel
- 1 pound uncooked medium shrimp, peeled, deveined
- Shredded Parmesan cheese
- Fresh parsley

Cook linguine per package directions. In a blender, combine oil, juices, garlic, lemon and orange peel, salt and pepper. Cover, blend well.

Pour into large skillet, cook under medium heat, bring to a boil. Reduce heat, stir in shrimp. Simmer, uncovered, 4 minutes or until shrimp turns pink. Turn off heat, drain linguine, mix with shrimp mixture. Sprinkle with Parmesan cheese and parsley.

Citrus Quencher

- 1 cup lemon juice
- 1 cup lime juice
- 1 cup sugar
- One 64-fluid-ounce bottle orange juice
- 2 cups chilled club soda
- Lime slices

In a large pitcher, combine lemon juice, lime juice and sugar; stir until dissolved. Stir in orange juice. Refrigerate until serving. Add soda and cubes. Garnish with lime if desired.

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RECIPE ROUNDUP



Lemon and Parmesan Crusted Tilapia

FROM WWW.SUNKIST.COM

- 4 tilapia filets
- 2 lemons
- 1/2 cup grated Parmesan cheese
- 1/2 cup bread crumbs
- 1/4 cup chopped parsley
- 1 egg white
- 3 minced garlic cloves
- 1 tablespoon Dijon mustard
- 6 tablespoons extra virgin olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 8 basil leaves

Preheat oven to 400°F.

Zest lemons and place in a medium sized mixing bowl. Slice ends off lemons and discard. Thinly slice lemons into approximately eight slices each, remove all seeds. Set aside.

Add Parmesan, bread crumbs and parsley to bowl, mix well.

In a smaller bowl, whisk together egg white, garlic, Dijon mustard, 2 tablespoons olive oil, salt and pepper. Add mixture to Parmesan and bread crumbs, blend well.

Cover a baking sheet with aluminum foil. Coat foil with remaining 4 tablespoons olive oil. Arrange lemon slices evenly so they fit nicely under each filet. Top the lemon with basil leaves.

Divide Parmesan/bread crumb mixture evenly among filets. Place filets over the basil and lemons, bake in oven for 15 minutes or until fish is cooked through and crust is lightly browned. Top each filet with roasted lemon slices and basil.

Makes four servings

Classic Lemon Bars with Poppy Seed Crust

FROM WWW.SUNKIST.COM

- 1/2 cup butter, softened
- 1/4 cup powdered sugar
- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 1 tablespoon poppy seeds
- 2 teaspoons lemon zest
- 1-1/2 cups sugar
- 3 large eggs
- 1/2 cup freshly squeezed lemon juice
- 1/2 cup all-purpose flour
- Additional powdered sugar for dusting

Preheat oven to 350°F.

In a mixer, cream together butter and powdered sugar then mix in the flour, salt, poppy seeds and zest. Press evenly into an 8-by-8-inch non-stick baking pan. Place in preheated oven, bake 18-20 minutes until edges are golden.

Meanwhile, in a mixer mix sugar, eggs and lemon juice until well combined. Add flour, mix until well incorporated. When the pastry is done, immediately pour filling over hot pastry.

Bake 30-35 minutes until golden and puffy.

Cool, cut into 16 squares. Dust with powdered sugar before serving.



Orange Marinated Jarlsberg Cheese

FROM WWW.JARLSBERG.COM

- 6 ounces Jarlsberg cheese
- 2 teaspoons white wine vinegar
- 1 teaspoon olive oil
- 2 sprigs fresh thyme
- 1 orange
- Pinch cayenne pepper
- 2 ounces walnuts

Cube cheese and chop walnuts and thyme. Peel, section and cube orange, saving one piece to juice for marinade. Whisk liquids together, including juice of orange segment, and add in all other ingredients.

Place in glass jar with tightly fitted cover and marinate minimum of one day.



Brighten a dreary day with lemon pasta

In my opinion, you can't really have too many gluten-free pasta recipes. After a long, hard day at work or play, it's nice to be able to get dinner on the table quickly and without a lot of fuss and bother.

While there is absolutely nothing wrong with pasta and red sauce, I like to change things up a bit now and again.

This Lemon Pasta with Shrimp recipe is both light and filling at the same time. And that lovely hint of lemon in the sauce brightens up even the dreariest day.

A quick note about the pasta — I used a gluten-free, multigrain spaghetti for added nutrition, and it cooked up just beautifully. Feel free to use your favorite gluten-free pasta.

Gluten Free Lemon Pasta with Roasted Shrimp

- Kosher or fine sea salt
- 12 ounces gluten-free spaghetti
- 12 ounces large shrimp, peeled, deveined
- 3 tablespoons olive oil, divided
- Freshly ground black pepper
- 2 tablespoons butter
- 2 garlic cloves, minced
- 2 organic lemons, zest finely grated, juiced
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup fresh flat leaf parsley, roughly chopped

Preheat oven to 400°F.

Bring a large pot of heavily salted water to a boil. Cook spaghetti per package directions, stirring often as it cooks to keep it from sticking. Reserve about 1 cup of the starchy cooking liquid, drain the pasta and rinse with hot water.

Place shrimp on baking dish, drizzle with 1 tablespoon olive oil, 1/2 teaspoon salt and 1/2 teaspoon pepper. Toss to coat and spread in an even layer. Roast in oven 6-8 minutes until shrimp are pink and just cooked through. Don't over-cook.

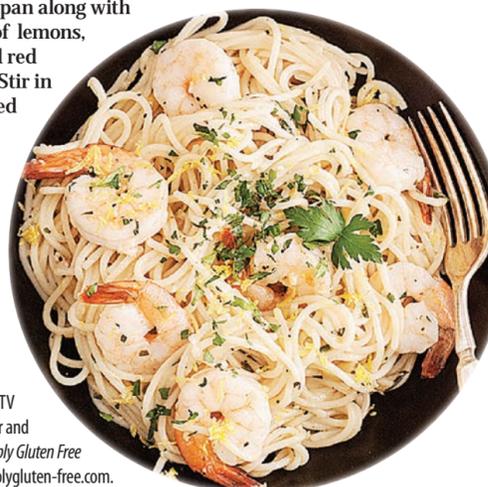
In a large skillet, heat remaining olive oil and the butter over medium heat until butter melts. Add garlic, cook 30 seconds.

Add pasta to pan along with zest and juice of lemons, the parsley and red pepper flakes. Stir in some of reserved pasta cooking water until saucy. Add shrimp and toss.

Season to taste with more salt and pepper.

Serves four.

CAROL KICINSKI is a TV chef, cookbook author and editor-in-chief of *Simply Gluten Free* magazine, www.simplygluten-free.com.



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