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**BALANCED CHOICES**  
*for a healthy lifestyle*

## **Balanced Choices Recipes – Nutrient Highlight “Vitamin C”**

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### **Orange, Olives and Fennel Salad- Serves 4**

#### **Ingredients:**

2 navel oranges or blood oranges, peeled sliced in rounds  
1 large fennel bulb, halved lengthwise, cored, very thinly sliced crosswise  
1/2 cup very thinly sliced red onion  
2 tablespoons extra-virgin olive oil  
20 black olives

#### **Instructions:**

Cut peel and pith from oranges. Cut between membranes to release segments. Toss orange segments, fennel, onion, and oil in large bowl to coat. Season salad generously to taste with salt and pepper. Transfer salad to platter. Garnish with olives and serve immediately

### **Broccoli, Orange and Tomato Salad -Serves 4**

#### **Ingredients:**

2 cups 3/4-inch pieces broccoli florets (about 8 ounces)  
3 large oranges or canned mandarin oranges (11 oz. can-drained)  
2 large tomatoes, coarsely chopped  
1 cup diced sweet onion (such as Vidalia)  
1/4 cup sliced fresh basil  
2 tablespoons vegetable oil  
1 1/2 tablespoons red wine vinegar  
1 1/2 teaspoons grated orange peel

#### **Instructions:**

Steam broccoli until crisp-tender, about 3 minutes. Place broccoli in large bowl. Cut peel and white pith from oranges. Holding oranges over small bowl to catch juice; cut between membranes to release segments. Cut each orange segment crosswise into 3 pieces. Add orange pieces, tomatoes, onion, and fresh basil to bowl with broccoli. Add oil, vinegar, and orange peel to bowl with collected orange juice; whisk to blend. Season to taste with salt and pepper.

Pour vinaigrette over broccoli mixture and toss to coat. Divide salad among 4 plates and serve.