**Why Should I Eat Tangerines?**

- High in Vitamin C - good for bones and healing injuries.
- Very low in calories - good for losing weight.
- High in Fiber - helps keep you regular and may help lower your cholesterol.

**How Do I Know I Have Good Ones?**

- Should be semi-soft all around and have a deep orange colored skin.
- Do not pick ones with soft spots or that are dull or brown in color.

**How Should I Handle Them At Home?**

- Put in a closed plastic bag, and refrigerate. Can last for up to 2 weeks.
- Can be stored at room temperature if you are going to eat them within a few days.
- To freeze; wash and peel, and then divide the fruit into sections, removing all seeds. In a saucepan, combine 2–3/4 cups of sugar and 4 cups of water and mix the solutions until the liquid is clear, and bring to a boil. Cool the syrup and pour over tangerines. Place the tangerines and the syrup in covered, airtight containers or freezer bags. Should be good for up to 12 months. *To easily remove seeds, cut a small piece at the end of the slice and push the seeds out.*
# Lee’s Tangerine and Spinach Salad

**Serves 4 People**

- 1 Bag of pre-washed spinach salad mix
- 2 tangerines- washed, peeled and sliced
- 1 cup washed and sliced strawberries
- 1/2 cup of almonds (or other nuts of your choice)
- 1/2 cup of raisins (or craisins)
- Raspberry Vinaigrette (or another vinaigrette of your choice)

*You can also add chunks of chicken if you want.

1. Mix together all ingredients into a large bowl.
2. Lightly pour dressing over top and mix again.

Source: Carolee Wheeler, Tampa, FL

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# Tangerine Orange Cake

**Ingredients**

- 1 (18.25 ounce) package yellow cake mix
- 1 (3 ounce) package instant lemon pudding mix
- 3/4 cup tangerine juice
- 1/2 cup vegetable oil
- 4 eggs
- 1 tsp lemon extract
- 1/3 cup tangerine juice
- 2/3 cup white sugar
- 1/4 cup butter

**Instructions**

1. Preheat oven to 325°F. Grease a 10” Bundt pan or line a muffin pan with paper cups.
2. In a medium bowl, stir together the cake mix and instant pudding.
3. Add the ¾ cup juice, oil, eggs and lemon extract, mix until well blended.
4. Pour into the prepared pan or pans.
5. Bake for 35 to 40 minutes in the preheated oven, until the cake springs back to the touch. For cupcakes, bake for 15 to 17 minutes. Let cool in the pan for 10 minutes before removing from pan to cool completely.
6. In a small saucepan, combine the remaining tangerine juice, sugar and butter over medium heat. Stir frequently until the mixture is smooth.
7. Drizzle over cooled cake or cupcakes.

Source: allrecipes.com

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# Tangerine Tea

**Serves 4 People**

- 4 cups of water
- 3 cups of tangerine juice
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 4 black or green tea bags

**Instructions**

1. Heat water to boil in large saucepan.
2. Stir in tangerine juice, cinnamon, and cloves.
3. Heat to boil.
4. Let simmer for about 2 minutes.
5. Remove from heat and add tea bags.
6. Let tea bags steep for 3-4 minutes.
7. Serve.

Source: food.com. Chef Christine NJ