



## Orange Juice, 100%, Unsweetened

MyPlate Food Group: **Fruit**



### Nutrition Information

- $\frac{1}{2}$  cup of 100% fruit juice counts as  $\frac{1}{2}$  cup of fruit in the ChooseMyPlate.gov Fruit group.
- Orange juice contains vitamin C. Vitamin C helps to heal cuts and wounds and keeps your gums healthy.
- For specific information about orange juice, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- When thirsty, reach for water first. Freeze 100% juice in ice cube trays and use frozen cubes to flavor water.
- When giving juice to children, fill half of the cup with water and the other half with juice.
- Have ready-to-go containers filled with water or healthy drinks available in the refrigerator.
- Want to cut back on soda but still want a sweet refresher? Try mixing  $\frac{1}{2}$  a glass of 100% juice with  $\frac{1}{2}$  a glass of club soda or ice cold water.

### Storing Foods at Home

- Store unopened bottles in a clean, dry, cool place.
- After opening juice, refrigerate any unused juice.
- Look at the "Best if used by" or "Best by" date on the package. The juice will taste best if used before this date.

### MyPlate Facts

- Juice should be consumed in moderation. Children should drink no more than 4 oz. of fruit juice per day.
- When possible, choose whole fruits such as canned, fresh, frozen, or dried fruits instead of juice.
- Sip smarter by choosing 100% fruit or vegetable juice, water, and other low-calorie beverages.
- 100% juice is part of the Fruit or Vegetable Group. Juice should make up less than half of the total recommended fruit or vegetable intake.



## USDA Foods

### Orange Vinaigrette Dressing/Marinade

Makes 6 servings

#### Ingredients:

3 tablespoons olive oil

¼ cup orange juice

¼ cup apple cider vinegar or white vinegar

Salt and pepper, to taste

1 tablespoon chili or cumin powder

**Directions:** Wash hands with soap and water.

1. Put all ingredients in a jar with a lid. Close tightly.
2. Shake well.

*Note: This can be used as a dressing for a salad or as a marinade for chicken, fish, or pork.*

*Recipe adapted from EatFresh.org*

### Honey Chicken

Makes 4-6 servings

#### Ingredients:

1 cup dried bread crumbs

1 tablespoon orange rind, grated

1 teaspoon salt

¼ teaspoon pepper

2 to 2 ½ pounds chicken (breasts, thighs, or legs)

1 cup orange juice

⅓ cup honey

**Directions:** Wash hands with soap and water.

1. Combine bread crumbs, orange rind, salt, and pepper.
2. Remove skin and any visible fat from the chicken and pat dry.
3. Dip chicken in ⅓ cup orange juice and roll in bread crumbs.
4. Spray a shallow pan with nonstick cooking oil spray, put chicken in pan. Bake at 350 degrees for 30 minutes.
5. Combine remaining ⅓ cup orange juice and honey in a saucepan over low-medium heat until it begins to boil. Pour orange juice mixture over chicken and continue baking 30 minutes longer. Approximately every 10 minutes, use a spoon to re-glaze the chicken while it cooks.
6. Serve warm over brown rice.

*Recipe adapted from Easy Recipes using Common Commodity Foods*