**KID FRIENDLY RECIPE FOR JANUARY…**

**ORANGE CITRUS FRUIT SALAD** - Serves 4

- 1 orange
- 1 lemon
- ¼ c. red grapes cut in half
- ½ c. pineapple medium dice
- 1 kiwi diced
- 1 tbsp. honey
- 1 tsp. rice wine vinegar
- A pinch of cinnamon
- Salt to taste

**Directions:**
Zest the orange and lemon and cut both into supreme segments. Mix all ingredients together and let refrigerate 1 hour or longer for flavors to blend. Serve with low sugar yogurt or granola. Add toasted almonds and/or ground flax seeds to get an extra boost of nutrition.

*Adapted from: www.paramountcitrus.com*

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**ADULT FRIENDLY RECIPE FOR JANUARY…**

**SNOW PEA, ORANGE AND JICAMA SALAD**

Serves 4

- 4 cups snow peas (about 12 ounces), trimmed
- 2 oranges
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon white-wine vinegar
- 1 tablespoon minced shallot
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/2 small jícama, peeled and cut into matchsticks

**Directions:**
Bring 1 inch of water to a boil in a saucepan fitted with a steamer basket. Have a bowl of ice water by the stove. Steam snow peas until tender-crisp, about 3 minutes. Transfer the peas to the ice water. Drain.

Cut peels and white pith from oranges. Working over a bowl, cut the segments from surrounding membranes. Squeeze the peels and membranes over the bowl to extract about 3 tablespoons juice before discarding them. Transfer the segments with a slotted spoon to a small bowl. Whisk oil, vinegar, shallot, sugar and salt into the juice. Return the segments to the bowl along with the snow peas and jícama; toss with the dressing.

*Adapted from: www.eatingwell.com*