



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Navel Oranges are a Delicious, Nutritional Gem!

Navel oranges are appealing because they are sweet and seedless.

They may offer health benefits attributed to their high concentration of antioxidants and health-promoting nutrients like vitamin C. Navel oranges are also full of fiber and have a low glycemic index, good for blood sugar control.

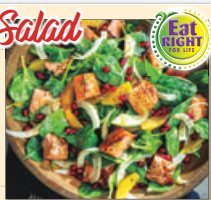
Their potassium content may also help regulate blood pressure.

Whether you peel and eat them as a snack or include them in a meal, you can't go wrong! Sweeten up lunch or dinner with a colorful salad.

## Honey Balsamic Salmon Salad

### Ingredients:

- 2 Tbsps. honey
- 4 skin-on salmon fillets (about 1¼ pounds)
- ¾ tsp. salt
- ½ tsp. ground black pepper
- 2 medium navel oranges
- 3 Tbsps. balsamic vinegar
- 2 Tbsps. olive oil
- 1 package (5 ounces) baby spinach
- 1 small fennel bulb, thinly sliced
- ½ cup pomegranate arils



### Directions:

1. Place oven rack about 6 inches from broiler; preheat broiler to low. Line rimmed baking pan with aluminum foil; spray with cooking spray. In a small microwave-safe bowl, heat honey in microwave on high for 20 seconds or until melted. Place salmon fillets, skin side down, on prepared pan and brush with honey; sprinkle with ½ tsp. salt and ¼ tsp. pepper. Broil salmon 23 minutes or until internal temperature reaches 145°; cool completely. Remove skin from salmon; flake into 1-inch pieces.
2. Slice off the ends of the oranges; place cut side down on cutting board. Slice down the sides of oranges to remove skin and white pith with a paring knife. Hold oranges over small bowl; gently cut along sides of membranes to release each segment.
3. In large bowl, whisk vinegar, oil, and remaining ¼ tsp. each salt and pepper; add spinach, fennel and orange segments and gently toss.
4. Serve salad topped with salmon and pomegranate arils. Makes about 8 cups.

## Spinach, Pomegranate & Orange Salad

### Ingredients:

- ½ cup apple cider vinegar
- 1 Tbsp. granulated sugar
- 2-1/2 tps. kosher salt
- 1 cup water
- ½ cup thinly sliced red onion
- ¼ cup balsamic vinegar
- 2 Tbsps. fresh orange juice
- 1 Tbsp. orange marmalade
- ¼ tsp. ground black pepper
- ⅓ cup olive oil
- 1 container (5 ounces) baby spinach
- 1 medium navel orange, peeled and cut crosswise into ¼-inch-thick slices
- ½ cup pomegranate arils
- ⅓ cup chopped and toasted pecans



### Directions:

1. In medium bowl, whisk apple cider vinegar, sugar, 2 tps. salt and water until sugar dissolves; stir in onion. Cover and let stand for 1 hour, drain.
2. In large bowl, whisk balsamic vinegar, orange juice, marmalade, pepper and remaining ½ tsp. salt; whisking constantly, slowly drizzle in oil until emulsified. Add spinach; toss to combine.
3. Serve spinach mixture topped with orange, pomegranate arils, pecans, and onion.