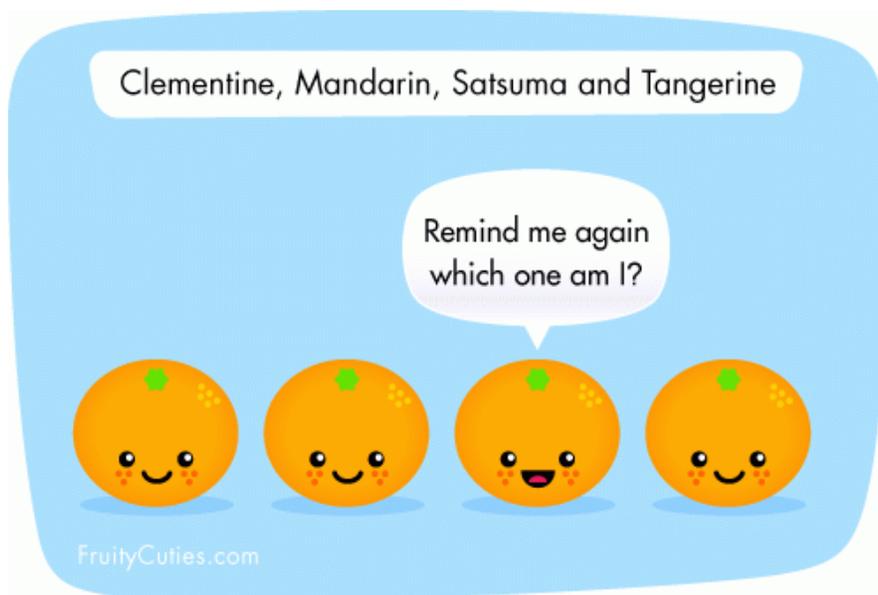


Clementines are the smallest variety of mandarin orange, a cross between an orange and a tangerine. The fruit was eaten in Europe for quite a while but was brought to the United States in the early 1900s. It wasn't popular until a freeze destroyed Florida's oranges. Clementines have 7 to 14 seedless wedges with a "zipper" skin, meaning easy to peel. They are usually seedless but could have seeds if bees cross pollinate with other fruits. It is also known as the "Christmas orange" because it grows during the winter season.





Why do Clementines wear sunscreen?

Because they peel.

Why did the Clementine go to the doctor?

Because it wasn't peeling well.

Salted Chocolate Dipped Mandarin Slices

Serves 5

The most amazing afternoon snack. Juicy and sweet mandarin slices dipped in dark chocolate and sprinkled with sea salt - Yum!

Ingredients

1. 5 mandarin oranges
2. ½ cup semi-sweet chocolate or dark chocolate chips
3. sea salt or coarse salt
4. 1 teaspoon shortening, optional

Instructions

1. Line a baking sheet with parchment or wax paper and set aside. Peel the mandarin oranges.
2. In a microwave safe bowl or with the help of a double boiler, melt chocolate chips and add shortening, if desired. Adding shortening is optional - it helps make the chocolate super smooth and easier to work with. Using only melted chocolate will work fine as well.
3. Dip each slice halfway into the melted chocolate and place on prepared baking sheet. Sprinkle with salt and repeat until all slices are evenly coated and sprinkled with salt. Refrigerate for 10 minutes or until chocolate has hardened. Enjoy!

Note: Salted Chocolate Covered Mandarin Slices will keep up to 2 days in an airtight container or storage bag in the fridge.



Clementine-Soy Glazed Chicken Thighs

Serves 4.

Prep Time: 5 minutes; Total Time: 45 minutes

Ingredients

- 4 (about 1 pound) **Bone-In Chicken Thighs**
- 1 Tablespoon minced **Shallot**
- 1 clove **Garlic**, minced
- 1 teaspoon grated **Ginger**
- 1 teaspoon **Olive Oil**
- 4 **Clementines**, halved
- 1 Tablespoon + 1 teaspoon **Low Sodium Soy Sauce**
- 1 teaspoon **Dark Brown Sugar**
- 1 teaspoon **Chicken Broth**



Preparation

1. Preheat the oven to 450°F. Place the chicken thighs in a small baking dish with sides (I used a 9-inch cake pan). Gently slide your fingers between the meat and the skin to separate it. Combine the shallot, garlic and ginger and run it into the meat, beneath the loosened skin. Rub the skin with olive oil and season with black pepper. Tuck the clementines around the chicken, cut sides up. Roast for 20 minutes.
2. Pour off any fat that has accumulated in the bottom of the pan. Remove 4 clementine halves from the pan and juice them into a small bowl. Whisk in the soy sauce, brown sugar, and broth. Pour the sauce over the chicken thighs and return to the oven. Roast for another 15 minutes, spooning the sauce over the chicken 2 or 3 times.
3. Remove the chicken thighs from the pan and place them on a plate. Tent with foil to keep them warm. Transfer the sauce to a small saucepan set over high heat. Bring to a boil, then let reduce by half – about 5 minutes.
4. Serve the chicken thighs with the reduced sauce and a roasted clementine half.

Clementines

Nutrition Facts

Serving Size 1 Piece (74g)

Amount Per Serving

Calories 35 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 1mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **5%**

Sugars 7g

Protein 1g

Vitamin A 0% • Vitamin C 60%

Calcium 2% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less Than		65g	80g
Saturated Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4