



STATE OF FLORIDA  
DEPARTMENT OF CITRUS

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FOR IMMEDIATE RELEASE

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## Fort Myers Resident Wins Florida Citrus Recipe Contest

*Semifinalists compete at the Florida State Fair*

**Lakeland, Fla. (February 10, 2010) – Black Bean and Orange Salad** earned Louise Kline from Fort Myers the sweet taste of success in the *Florida Citrus. Healthy. Pure & Simple.*® recipe contest at the 2010 Florida State Fair. Kline put her original Florida citrus recipe to the test against five additional semifinalists to win the \$500 grand prize.

A panel of judges evaluated the recipes on health, taste, ease of preparation, uniqueness and presentation. Florida State Fair Executive Director Chuck Pesano, along with chefs Justin Timineri from the Florida Department of Agriculture and Consumer Services and Ted Dorsey from Taste the Season restaurant, Tampa, gave the winning recipe high scores for the excellent flavor combination of tangy citrus paired with cumin and fresh cilantro.

**Orange Vinaigrette Broccoli Salad** won the \$300 first prize for Tina Davis from Plant City. Additional winners included \$200 second prize to Diane Verderame from Freehold, N.J., for **Orange Chicken Roll-Ups** and \$100 third prize to Dinah Richardson from Lakeland for **Orange Pecan Rice**.

Fresh Florida citrus adds refreshingly bold flavors and natural sweetness to recipes while supplying additional nutrients. Zesty citrus is a versatile ingredient to awaken winter-weary palates with a burst of Florida sunshine. View the prize-winning recipes at [www.floridajuice.com/recipecontest.php](http://www.floridajuice.com/recipecontest.php).

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The Florida Department of Citrus is an executive agency of Florida government charged with the marketing, research and regulation of the Florida citrus industry. Its activities are funded by a tax paid by growers on each box of citrus that moves through commercial channels. The industry employs nearly 76,000 people, provides an annual economic impact close to \$9 billion to the state, and contributes hundreds of millions of dollars in tax revenues that help support Florida's schools, roads and health care services. For more information about the Florida Department of Citrus, please visit [www.FloridaJuice.com](http://www.FloridaJuice.com).

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Grow the market for the Florida citrus industry to enhance the economic well-being of the Florida citrus grower, citrus industry and State of Florida.

*Florida Citrus. Healthy. Pure & Simple.*® Recipe Contest Winning Recipes

## **Black Bean and Orange Salad**

*Florida Citrus: Healthy. Pure & Simple.*® Recipe Contest Grand Prize Winner

Courtesy of Louise Kline from Fort Myers, FL

2 medium Florida oranges  
2 tablespoons orange juice  
1 tablespoon olive oil  
1 tablespoon Dijon mustard  
¼ cup minced cilantro  
1 teaspoon minced garlic  
¼ teaspoon cumin  
¼ teaspoon pepper  
Dash of salt  
1 teaspoon minced garlic  
¼ cup crumbled feta cheese  
¼ cup chopped red onion  
1 1/2 cups black beans, drained  
Dash of salt  
Romaine lettuce leaves

Peel oranges; cut into thin slices and remove seeds. Combine orange juice, olive oil, mustard, cilantro, garlic, cumin, pepper and salt in large bowl. Add orange slices, feta cheese, red onion and black beans; toss well. Serve salad mixture over romaine lettuce leaves.

*Note: If preparing in advance, refrigerate salad. Bring to room temperature before serving.*

## Orange Vinaigrette Broccoli Salad

*Florida Citrus: Healthy. Pure & Simple.*® Recipe Contest First Prize Winner

Courtesy of Tina Davis from Plant City, FL

6 cups fresh broccoli  
Zest of 1 Florida orange  
1 cup Florida orange juice  
1/4 cup olive oil  
1 grated carrot  
1/4 cup golden raisins  
1 teaspoon salt  
1 teaspoon black pepper  
1/2 cup chopped pecans

Steam broccoli in basket over boiling water with orange zest added for 8 to 10 minutes or just until tender crisp.

Meanwhile, combine orange juice, olive oil, carrot, raisins, salt and pepper in large bowl; blend well. Drain broccoli and add to vinaigrette; toss to coat. Sprinkle with pecans; toss gently. Serve hot or at room temperature.

## Orange Chicken Roll-Ups

*Florida Citrus: Healthy. Pure & Simple.*® Recipe Contest Second Prize Winner

Courtesy of Diane Verderame from Freehold, NJ

Makes 5 servings

4 tablespoons unsalted butter, softened  
Zest of 1 Florida navel orange  
1/8 teaspoon garlic powder  
5 boneless chicken cutlets, pounded to ¼-inch thickness  
Freshly ground black pepper  
1 cup fresh green beans, cooked  
3/4 cup shredded carrots  
1 cup seasoned whole wheat breadcrumbs  
3 tablespoons vegetable oil  
1 cup Florida orange juice  
1/4 cup cold water  
1/4 teaspoon cornstarch  
Florida orange slices for garnish  
Fresh cilantro for garnish  
Toothpicks

Preheat oven to 350° F. Combine butter, orange zest and garlic powder in small bowl. Divide butter mixture among 5 chicken cutlets; spread each cutlet with butter mixture (butter will not cover cutlet completely) and sprinkle with black pepper. Place approximately 4 green beans horizontally on top of each cutlet and sprinkle with shredded carrots. Roll up cutlets and secure with toothpicks. Place breadcrumbs in flat dish; roll cutlets in breadcrumbs to coat. Heat vegetable oil in oven-safe skillet over medium high heat; lightly brown cutlets on all sides. Add 1 cup orange juice and bring to a boil. Cover skillet with foil; place skillet in oven and bake for 8 minutes. Turn cutlets and cook for additional 7 minutes or until chicken is cooked through and no pink remains. Remove skillet from oven. Remove cutlets from skillet; place on serving platter and keep warm. Place skillet on stove over medium heat. Boil liquid for 3 minutes, scraping the bottom of the pan with a wooden spoon. Combine cold water and cornstarch; add to skillet and cook over medium heat, stirring frequently, for 2 minutes or until thickened. Remove toothpicks from cutlets; pour sauce over cutlets. Garnish with orange slices and cilantro.

*Serving Suggestion: Serve Orange Chicken Roll-Ups over brown rice with steamed green beans.*

## Orange Pecan Rice

*Florida Citrus: Healthy. Pure & Simple.*® Recipe Contest Third Prize Winner

Courtesy of Dinah Richardson from Lakeland, FL

2-1/2 cups Florida orange juice  
3 cups instant white rice  
1/2 teaspoon salt  
1/8 cup butter  
1/2 cup chopped pecans  
1 cup Florida orange segments

Place orange juice in 3-quart saucepan; bring to a boil. Add rice and salt; stir well and simmer over low heat for 3 minutes. Remove saucepan from heat. Add butter; cover with lid and let stand 5 minutes. Fluff rice with fork; stir in chopped pecans and orange segments.