

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

Tangelo

Tangelos are juicy citrus fruits that have a mildly tangy and sweet flavor. In Arizona, they are ripe starting in mid-November through February. Tangelos can be used as a tangy substitute for fresh oranges or orange juice!

Examples:



Baked Sweet Potatoes & Apples



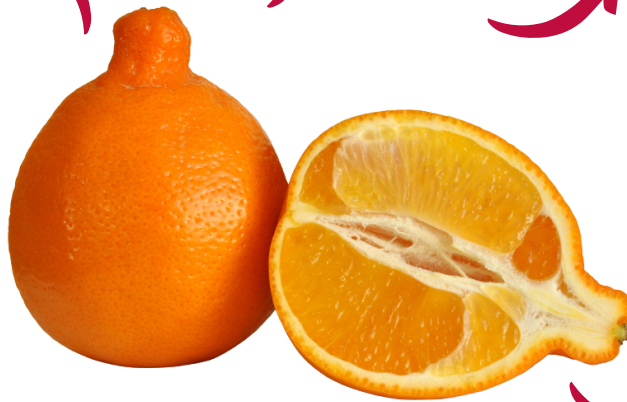
Cran-gelo Relish



Glazed Carrots



Aztec Grain Salad



Rice Pilaf

Tip!

Consider using Tangelos (#18K56 -TANGELOS FR MINNEOLA 125 CT 40 LB CS) from DoD Fresh.