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**Food&Dining**  
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DISH WITH DUDASH

# Orange

pick-me-ups



From Miro to Cara Cara, this citrus can punch up your meals and your health

**MICHELLE DUDASH** SPECIAL FOR THE REPUBLIC

When a recipe calls for "one orange," most cooks grab Valencia or navel.

But there are less obvious choices, from extra-sweet Cara Cara to dark-pigmented blood oranges, also called Moro, and these lesser-known varieties have so much more to offer. This fall and winter, expand your orange knowledge by trying varieties with different flavors and uses.

Along with fresh, clean flavors, oranges provide a healthy dose of vitamin C, potassium and folate, plus cholesterol-fighting soluble fiber in the pulp.

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