

Strawberry-Orange Melange



Ingredients

- 4 navel oranges (about 2 pounds)
- 1 tbsp. sugar
- 1 tbsp. cornstarch
- ¼ cup fresh orange juice
- 1 tbsp. fresh lemon juice
- 2 cup sliced strawberries
- ½ tsp. vanilla extract
- ¼ tsp. almond extract
- 2 cup vanilla low-fat ice cream
- Mint sprigs (optional)

Directions

1. Peel and section oranges over a bowl, and squeeze membranes to extract juice. Set the sections aside, and reserve ¼ cup juice. Discard membranes. Chop the orange sections.
2. Combine sugar and cornstarch in a 1- quart glass measure. Stir in the reserved orange juice, ¼ cup fresh orange juice, and lemon juice, and stir with a whisk until well-blended. Stir in the chopped oranges.
3. Microwave mixture at high 2 minutes and 45 seconds or until thick, stirring after 2 minutes.
4. Stir in strawberries and extracts.
5. Serve over ice cream.
6. Garnish with mint, if desired.

*Yield 4 servings, serving size: ½ c. fruit & ½ c. ice cream. Calories: 176.
Fat: 2.9 g. Protein: 3.7 g, Carbohydrate: 35.7 g, Fiber: 7.8 g,
Cholesterol: 0.0 mg, Sodium: 32 mg, Calcium: 139 mg.*

*This recipe was taken from www.cookinglight.com