

CAPTAIN CITRUS' FAVORITE RECIPES

FLORIDA ORANGE-MAPLE FLAPJACKS

Makes 4 servings

INGREDIENTS

1 cup 100% Florida Orange Juice
1.5 ounces maple syrup, Grade A
1 cup buckwheat pancake mix
3 ounces Florida blueberries

PREPARATION

Place orange juice in small saucepan; cook over medium heat until reduced to $\frac{1}{4}$ cup. Add maple syrup; stir to combine. Reserve. Prepare pancake mix according to instructions. On a nonstick griddle, divide batter into 4 pancakes and cook as directed. Garnish pancakes with Florida blueberries. Serve immediately with orange-maple syrup on the side for dipping.



FloridaJuice.com

CaptainCitrus.com

FLORIDA SLOPPY O-JOES

Makes 4 servings

INGREDIENTS

9 ounces lean ground turkey
 $\frac{1}{2}$ large onion, minced
1 red bell pepper, small, minced
1 teaspoon cumin seed, ground
1 teaspoon coriander seed, ground
1 cup 100% Florida Orange Juice
1 cup organic tomato juice
1 large sweet potato, baked and diced
4 whole-grain dinner rolls

PREPARATION

In a medium sauté pan, sauté ground turkey over medium until cooked thoroughly. Remove turkey; reserve. Sauté onion until translucent. Add the red pepper, ground cumin and coriander; sauté for 1 minute, then add the orange juice. Cook until orange juice is reduced by two-thirds; add the tomato juice and reserved cooked turkey. Cook until tomato juice has reduced by two-thirds, add the diced baked sweet potato and stir until combined. Split dinner rolls in half; spoon turkey mixture in center. Serve immediately.

