

ORANGE-ONION SALSA

Oranges are a solution to staying cool while eating hot. Mingled in a spicy taco, this salsa revives the palate and readies it for the next bite. Make the same salsa with fresh grapefruit, preferably ruby red or Indian River, for a less sweet, more "dry" version. Two small grapefruits are about equal to two large navel oranges.

Makes a bit more than 2 cups
Takes less than 20 minutes

2 large navel or 3 to 4 blood or Valencia oranges
½ cup diced onion
1½ tablespoons chopped Anaheim chili pepper
2 tablespoons cilantro leaves
¼ teaspoon ground cumin

1. Peel the oranges and cut into ¼-inch dice, removing any seeds as you go.
2. In a bowl mix together the oranges, onion, chili pepper, cilantro, and cumin. Serve right away, or cover, refrigerate, and use within 1 day.

*My favorite, with
grapefruit or oranges!*
ATO

Oranges were brought to the New World in the holds of ships commandeered by Spanish conquistadores. Their cultivation spread so rapidly that by the time permanent settlers arrived to homestead in Central America, the Caribbean, and Florida, the natives were growing oranges and claiming them as their own. Today oranges are an integral part of New World eating.

Grapefruits are a New World native—some think a hybrid from pomelos and oranges, some think a spontaneous development that appeared in the Caribbean from citrus trees gone wild. Grapefruit, too, has become an integral part of New World fare, from breakfast halves to segments on green salads, and if you use the grapefruit variation, in a citrusy salsa.