



It diet season.
Boo.

As much as I love salad it can still be dull and unappealing when what I really want is a big juicy burger! Or, pizza! With that in mind I thought it would be fun to make some salad enhancements to keep me on the straight and narrow path to healthy and low-cal eating.

This month we are making Honey Orange Slices. I know, I know - they do not seem to be low-cal, but remember, they are a condiment. Only one is needed to spruce up a salad. These honey-spiced orange slices will remind you of sipping a hot cup of spiced orange-flavored tea. They make an excellent addition to salad greens, tossed with a raspberry or balsamic vinaigrette and sprinkled with candied walnuts.

If you are serious about your New Year's resolution to lose weight, then like me, you have purged the house of anything even remotely tempting. However, where there's will, there's a way, right? For those times when you crave something sweet, chop up one of these honey orange slices and mix them in with some non-fat Greek yogurt. Remember to add 1 teaspoon of the syrup. It will hit the spot. Trust me.

HONEY ORANGE SLICES

Makes about 3 (8 oz) half pints

3 cinnamon sticks broken into pieces

1-1/2 tsp whole cloves

1-1/2 tsp whole allspice

2-1/2 lb oranges, halved lengthwise and thinly sliced, ends and seeds discarded (about 8 medium)

Water

1-1/4 cups granulated sugar

1-1/4 cups liquid honey

3 Tbsp. lemon juice

3 Half-pint wide mouth jars

TIE cinnamon stick pieces, cloves and allspice in a square of cheesecloth, creating a spice bag. Set aside.

COMBINE oranges with water to cover in a large stainless steel saucepan. Bring to a boil over medium-high heat. Reduce heat and boil gently until peel is tender, about 15 minutes. Drain and set aside.

COMBINE sugar, honey and lemon juice in a clean large stainless steel saucepan. Bring to a boil over medium-high heat, stirring occasionally to dissolve sugar. Add reserved spice bag and oranges. Bring to a boil. Reduce heat and boil gently until orange slices are well glazed, about 40 minutes. Discard spice bag.

PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.

PACK hot oranges into hot jars, using a slotted spoon, leaving 1/2 inch headspace. Ladle hot syrup into hot jar to cover oranges leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

PROCESS jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Source: Ball <http://www.freshpreserving.com/recipes/honey-orange-slices>