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CLEMENTINES FROM SPAIN IN PEAK SEASON

MomChef and Meal Planning Expert Ceci Carmichael Shares New Nutritious, Creative Dishes Starring This Seasonal Fruit

NEW YORK (December 19, 2008) – The world’s best Clementines originate in Spain. Known for superior quality and their trademark sun-kissed sweet, juicy taste, Clementines from Spain are a seasonal delight looked forward to and enjoyed by families every year. December and January mark the peak season for these bright orange gems from Spain, so be sure to get them while they last!

MomChef Ceci Carmichael is helping everyone ring in a healthful and flavorful New Year with Clementines from Spain. Ceci, a chef, mother-of-one, and former host of Food Network’s “Calling All Cooks” and “Good Food Fast,” is an expert when it comes to quick and wholesome menu ideas that capture the season’s best ingredients for satisfying, flavorful meals. She is also the creator of quickness.wordpress.com, a new blog aimed at helping moms create simple, nourishing meals for the whole family to enjoy.

“With their crisp, citrus essence, thin peel and sweet juicy taste, Clementines from Spain add a splash of fresh flavor to any meal time favorite,” says Carmichael. “Adding naturally fresh, nutritious produce into your everyday cooking makes it easy to prepare ‘mom-approved,’ kid-friendly snacks and meals that will be gobbled up by the entire family.”

Clementines from Spain are a good source of antioxidants, vitamin C, folate, fiber and potassium. And with only 50 calories each, and naturally low in sugar, these citrus favorites will delight the whole family.

Ceci Carmichael offers the following simple and healthy menu suggestions for busy home chefs on the go:

- **Clementines from Spain and Spinach Coca with Toasted Almonds** – Jazz up week-night meals with an exotic-sounding recipe that’s deceptively easy to prepare. Enlist friends or family to join you in the kitchen to help knead and roll out the dough for this Spanish-inspired flatbread pizza. No time for dough from scratch? Just stop by your favorite pizza place or the grocery store and pick up some ready-made dough instead. Top with jamon, savory spinach and almonds and sweet Clementines from Spain for an original twist.
- **Shrimp Stir Fry with Clementines from Spain and Snow Peas** – Take your taste buds on a pan-Pacific journey with this simple stir fry that packs a big flavor punch. Traditional Asian ingredients such as soy sauce, garlic and ginger hit new flavor highs when they’re complemented with the natural sweetness of Clementines from Spain.

For the full recipes of Ceci's Clementines from Spain and Spinach Coca with Toasted Almonds, Shrimp Stir Fry with Clementines from Spain and Snow Peas, visit www.clementinesfromspain.com.

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