

# Orange Marmalade

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*6 large oranges, thinly sliced*  
*2 lemons, thinly sliced*  
*2 quarts water*  
*1 cup sugar*

Thinly slice six large oranges and two lemons.  
Remove the seeds and core.

In a saucepan, mix the fruit with about two quarts of water. Bring just to boiling. Cover and let stand overnight.

Simmer the fruit until tender. Then add one cup of sugar for each cup of fruit and juice.

Cook to the desired consistency.

Ladle into hot jars and seal.

Per Serving (excluding unknown items): 1167 Calories; 1g Fat (0.9% calories from fat); 9g Protein; 305g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 62mg Sodium. Exchanges: 6 Fruit; 13 1/2 Other Carbohydrates.