

Grapefruit

The outer peel is usually glossy yellow, sometimes blushed with pink. The fruit within is segmented, ranging in color from white to ruby red (usually 11–14 segments). Do not eat the peel or seeds.

Grapefruits are fruit which grow in clusters (like grapes) on trees.

A relatively new fruit, grapefruit originated in the West Indies in the early 1700's. Grapefruit was first introduced to Florida in the 1820's.

Grapefruits are a member of the citrus family. In the United States, about 80% of grapefruits are grown in Florida. Texas, California and Arizona also grow grapefruit.

VARIETIES

There are three major varieties of grapefruit:

- white
- pink/red
- star ruby/rio red

All grapefruits have a similar tangy-sweet flavor and are very juicy. The pink and red varieties contain more vitamins than the white grapefruit varieties. Some grapefruits have seeds and some are seedless.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- High in potassium

USES

Grapefruit can be eaten raw or cooked. Eat raw for breakfast or add segments to a salad. It can also be grilled or baked. Drink grapefruit juice plain or enjoy in a slushie.



Chicken and Fruit Salad
Preparation time: 20 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 2



1 lb. roasted chicken breast
1 bunch of spinach, divided
2 grapefruit
2 apples, diced
 $\frac{1}{3}$ c. fat-free Dijon salad dressing

1. Remove and discard skin from chicken and tear chicken into bite-sized pieces.
2. Chop 1 cup spinach leaves into small pieces. Set remaining leaves aside.
3. Remove peel from grapefruit, tear into sections, and cut into small pieces.
4. In a large bowl, combine chicken, chopped spinach, fruit, and salad dressing. Stir gently.
5. To serve, place remaining spinach leaves on a large plate; top with chicken mixture.

Nutrition Information per Serving: Calories 380, Total Fat 5 g (8% DV), Saturated Fat 2 g (8% DV), Cholesterol 95 mg (32% DV), Sodium 380 mg (16% DV), Total Carbohydrate 45 g (15% DV), Dietary Fiber 6 g (24% DV), Sugars 32 g, Protein 40 g, Vitamin A 190%, Vitamin C 130%, Calcium 15%, Iron 20%.

Citrus Salad with Avocado
Preparation time: 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 1



3 corn tortillas
4 oranges
4 grapefruit
2 T. honey
2 T. vinegar
1 avocado, peeled and sliced

1. Preheat oven to 225° F.
2. Slice corn tortillas into thin strips. Place strips on a baking sheet and bake for 15 minutes.
3. Grate orange peel into 4 tablespoons of orange rind.
4. Peel oranges and grapefruit and tear into sections.
5. In a large bowl, mix honey, raspberry vinegar, and orange and grapefruit sections.
6. Add grated orange rind and tortilla strips.
7. Mix all ingredients together gently.
8. Top with avocado slices.

Nutrition Information per Serving: Calories 200, Total Fat 6 g (9% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 10 mg (0% DV), Total Carbohydrate 38 g (13% DV), Dietary Fiber 7 g (28% DV), Sugars 26 g, Protein 3 g, Vitamin A 35%, Vitamin C 180%, Calcium 8%, Iron 4%.