

What's Fresh:

Grapefruit



It's naturally good!

- ◆ Low glycemic index
- ◆ Rich in vitamin C, which helps support the immune system
- ◆ Contains the antioxidant lycopene
- ◆ 1/2 a grapefruit = 1 serving of fruit

Storage Tips:

To keep fresh, store whole grapefruit in the fridge for 2-3 weeks. Cover grapefruit halves with plastic wrap and refrigerate; use within 2-3 days.

Too much of a good thing? Freeze it!

Follow Preparation Tip #1 →

Place grapefruit segments in a single layer on a baking sheet lined with plastic wrap and freeze. The next day, transfer segments to freezer bag and store for 4-6 months.

Preparation Tips:

- 1) Remove the peel and separate into segments: cut off all the skin and membrane around the grapefruit with a knife. Free each segment by cutting close to the membrane that separate them.
- OR-
- 2) Slice in half at its equator, perforate along the membrane with a knife and eat the flesh with a spoon

Ways to eat grapefruit:

- ◆ **Snack on it.** Grapefruit segments make a great on-the-go snack.
- ◆ **Make a fruit salad.** Mix grapefruit segments with your favorite fruits for an easy salad. Enjoy as a snack or dessert!
- ◆ **Add it to salads.** Top a green salad with grapefruit segments. See recipe on the back.
- ◆ **Add it to smoothies.** Use fresh or frozen grapefruit in smoothies. In a blender combine 1/2 cup of grapefruit, 1/2 cup orange juice, 1 banana and 1/2 cup low-fat yogurt or ice. Add 1-2 cups of fresh spinach for an extra boost of nutrition!



- ◆ **Caramelize it.** Heat the oven to broil or as high as it will go. Cut the grapefruit in half along its equator. Use a knife to cut around the inside edge of the grapefruit half. Make small, deep cuts next to each section to loosen the fruit from the skin. Sprinkle each half with 1-2 teaspoons of sugar and place in an oven-safe dish, sugar-side up. Cook on the top rack for 3-5 minutes or until the top turns brown. Let cool; eat while warm.

See more recipes on the back →



Make it a meal!

RECIPES

Grapefruit & Greens Salad

Ingredients:

- | | |
|---|--------------------------------|
| 1 medium pink grapefruit | 3 Tablespoons oil |
| 6 cups chopped greens (spinach, kale or arugula) | 1/4 teaspoon salt |
| 1/4 cup finely chopped onion | 1/4 teaspoon pepper |
| 1/4 cup dried cranberries | 1-2 teaspoons honey (optional) |
| 1 cup diced cucumber | |
| 1 (15-oz.) can of beans (cannellini, garbanzo or black), drained & rinsed | |
| 1 avocado, halved, pitted & sliced into 1/2-inch wedges (optional) | |

Directions:

1. Using a sharp knife, cut peel and white pith from grapefruit; discard. Working over a small bowl, cut between membranes to release segments into bowl.
2. Squeeze juice from membrane into another bowl; add any accumulated juices from bowl with segments – there should be about 1/4 cup of juice total.
3. Whisk oil into juice. Add salt, pepper and honey (if using).
4. Place greens in a large bowl and drizzle with 3 Tablespoons of dressing. Toss to combine. If using kale, let stand for 10 minutes while kale wilts slightly.
5. Add onion, cranberries, cucumbers and beans; toss to combine.
6. Top with grapefruit segments and avocado (if using). Drizzle with remaining dressing and serve.

Green Grapefruit Smoothie

Ingredients:

- | | |
|---|----------------------------|
| 1 grapefruit, peeled, seeds removed (reserve juice) | 1 large sweet apple, cored |
| 1-2 cups spinach | 1 large banana |
| 1/2 cup nonfat milk, water or orange juice | 5-6 ice cubes |
| Optional: 1/2 teaspoon fresh ginger, peeled & chopped | |

Directions:

1. Add all ingredients to a blender (including reserved grapefruit juice) and blend until creamy and smooth. Add more liquid if too thick, ice to thicken, and banana or apple to sweeten. Serves 2.

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