



SIMPLY GOOD FOOD

GRAPEFRUIT

Unsurpassed for juiciness, sweetness and quality, Texas grapefruit is in demand all over the world. Texas produces nearly 15 percent of the nation's grapefruit supply.

There are two types of grapefruit grown in the west, white and the Texas developed ruby.

This tasty fruit is an excellent source of ascorbic acid or vitamin C. Vitamin C cannot be stored in the body, so you need a serving every day. It assists in the formation of collagen, an intracellular substance needed for healthy cartilage, bones and teeth. Vitamin C also aides in the absorption of iron and helps protect the body against infections and bacterial toxins. An 8 ounce glass of grapefruit juice provides more than 100 percent of the recommended daily allowance of vitamin C.

Grapefruit is also a good source of thiamin, riboflavin and potassium, yet ~~one-half~~ grapefruit only has about 50 calories and contains no sodium.

Sources: Sunkist Growers Inc.

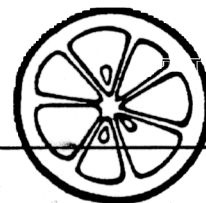
The Good Housekeeping Illustrated Cookbook

Season: All year. Best supplies October to May.

Look for: Well-shaped, firm fruit that is springy-to-touch and heavy for its size. Discolored spots on the skin rarely affect eating quality. Varieties include seedless, with seeds, pink- or white-fleshed. Avoid fruit which is soft or discolored at stem end.

To store: Refrigerate. Use within 1 to 2 weeks.

To serve: Eat fresh with sugar or salt, or bake with cinnamon or ginger. For segments, peel like an orange. .or use in various recipes.





BROCCOLI IN GRAPEFRUIT MARINADE

1 grapefruit
2 pounds fresh or 2 packages
frozen whole broccoli
1 cup Italian dressing

1 cup grapefruit juice
¼ cup black pitted olives, sliced
1 tablespoon pimento strips

Section grapefruit over bowl to save juice. Drain and refrigerate sections. Clean and trim fresh broccoli and cook 10 to 15 minutes until tender, or cook frozen broccoli as directed on package. Drain carefully and place in shallow glass dish. Combine reserved juice with dressing and pour over hot broccoli. Cover and chill until very cold, about 2 ½ hours. Also chill black olives and pimento strips. To serve, arrange chilled broccoli spears on dish. Garnish with grapefruit sections, black olives and pimento strips. Serves 6.

GRAPEFRUIT AMBROSIA

1 16 ounce can grapefruit sections
½ cup flaked coconut

¼ cup honey

1. Thoroughly drain liquid from grapefruit sections; set aside for use another day.
2. In bowl, toss well grapefruit sections, honey and coconut. Serve immediately.

GRAPEFRUIT SALAD TWISTS

Team with:

- ✓ fresh salad greens especially spinach
- ✓ avocado slices
- ✓ red onion rings
- ✓ sunflower seeds or slivered almonds
- ✓ spicy sweet, Italian or blue cheese dressing

TANGY FRUIT MEDLEY WITH LEMON YOGURT DRESSING

2 grapefruit, peeled and sectioned
1 banana, peeled and sliced
2 kiwi peeled and sliced
1 cup plain nonfat yogurt
1 teaspoon lemon juice

1 orange, peeled and sectioned
1 cup fresh or unsweetened frozen sliced
strawberries
1 ½ tablespoons sugar

Combine fruit and toss gently. Blend yogurt, sugar and lemon juice and spoon over fruit.

Supporting State Extension Goal: Health, Safety and Well Being

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