

CREATE SNAP-ED
BETTER HEALTH



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Grapefruit

Create Better Health Guide to Eating Fresh Fruits and Vegetables

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Utah Local Fresh Season: January thru April

Availability: Grapefruits are available year round but their peak season is during the winter months. Grapefruits are grown in Florida, Texas, California and Arizona. The best tasting grapefruits come from Florida and Texas during the winter.

Eating: Grapefruits have a lovely tangy-sweet flavor and are great eaten plain or with a light sprinkle of salt or sugar. Grapefruit can also be baked or broiled.

Selecting: For best quality select grapefruits that are heavy for their size and are free of squishy brown spots or dull wrinkled skin. Make sure that the poles (sides of the grapefruit containing the holes) are flat.

White, Pink/Red and Star Ruby/Rio Red are the three major varieties of grapefruits. All of these varieties are similar in taste, but the pink and red grapefruits contain the highest vitamin amounts.

Cleaning and Preparing: Thoroughly wash the outside of the grapefruit and pat dry. Peel off skin and eat like an orange or slice in half and use a spoon to scoop out individual sections of the fruit.

Storing: Grapefruits can be stored for 1 week at room temperature or for 2 to 3 weeks in the refrigerator.

Cooking: Believe it or not eating grapefruit raw is not the only way to enjoy it. Grapefruits can be baked or broiled.

Baking: Cut grapefruit in half and separate the flesh from the peel by cutting around the outside. Top with a small amount of butter and brown sugar. Place on a cookie sheet and bake for 3-5 minutes. Finish up the process by broiling for a few minutes until the sugar on top is bubbly. Remove from oven and enjoy!

Broiling: Cut grapefruit in half making zig zag cuts. Sprinkle a dusting of cinnamon, and brown sugar on top. Place under broiler for 3 minutes or just until the tips of the grapefruit peel become browned. Remove and enjoy! Top with a maraschino cherry to make a fancy dish that will amaze your guests!

Nutrition Highlight: Grapefruits are high in vitamins A and C.

Growing: Grapefruit is not grown in Utah.

Preserving Grapefruit: Grapefruit can be frozen. For instructions go to <https://nchfp.uga.edu/how/freeze/citrus.html>

References:

1. <https://fruitsandveggies.org/>
2. <http://www.thenutritionprogram.org/>
3. www.produceoasis.com
4. University of Nebraska Extension, Nutrition Education Program, Grapefruit fact sheet
5. <https://nchfp.uga.edu/how/freeze/citrus.html>

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Broiled Grapefruit

- 1 grapefruit
- 2 teaspoons brown sugar
- Dash of cinnamon

Put oven rack 4 inches from broiler unit and turn oven to broil. Line a baking sheet with tin foil. Wash the outside of the grapefruit with soap and water. Cut the washed grapefruit in half. Run a sharp serrated knife between the fruit and peel and then between each segment to loosen the fruit. Place the grapefruit halves, cut side up, on the baking sheet. Sprinkle each half with brown sugar and cinnamon. Place the pan in the oven. Broil the grapefruit until the tips of the peel are brown, and the sugar is bubbly (about 2-3 minutes). Serve warm.

Grapefruit and Avocado Salad

- 2 pink or red grapefruit
- 1 tablespoon juice from grapefruit
- 4 cups romaine lettuce
- 1 avocado, sliced thin
- ¼ small red onion, thinly sliced
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon sugar
- Salt and pepper to taste

Cut skin and membrane away from grapefruit. Reserve 1 tablespoon juice from fruit. Place fruit in large bowl. Add lettuce, avocado, and onion to bowl. Toss gently. Mix grapefruit juice, olive oil, vinegar, and sugar together. Drizzle over salad. Season with salt and pepper as desired.