



## K I W I – Key to Nutrition!

*Kiwifruits are grown in California and New Zealand. The kiwi is a fruit of a perennial vine, it is brown, egg sized and covered with fuzz. When sliced, the fruit yields an attractive emerald green flesh with rows of small, dark, edible seeds, and a light cream colored center. It's flavor is similar to a blend between strawberry and pineapple. Kiwifruit is available from late fall through spring. They are somewhat firm and heavy for their size. When purchasing, make sure to avoid those that are obviously bruised or soft.*

sodium, high-potassium fruit.

### NUTRITION

One large fruit (3 ½ ounces) contains 61 calories and no saturated fat or cholesterol. Kiwifruit is the most nutrient dense of all the major fruits followed by papaya, mango and orange. The skin of the kiwifruit is edible, much like that of the potato.



- ▶ **Vitamin C:** Kiwifruit has **twice** the amount found in an orange – 140% of the RDA for vitamin C.
- ▶ **Lutein:** This phytochemical is receiving a great deal of recent attention for its effectiveness in reducing the risk of cancer, heart disease, and may help prevent cataracts and macular degeneration (leading cause of blindness). This carotenoid functions as an antioxidants, and next to yellow corn, a single serving of kiwifruit (2 medium) is the richest source of lutein in the vegetable world.
- ▶ **Fiber:** Soluble fiber protects against heart disease and diabetes, while insoluble fiber reduces the risk of some cancers, constipation, and diverticulitis. A single serving of kiwifruit contains both types of fiber.
- ▶ **Copper:** Kiwifruit is high in copper which is vital for infant growth, bone strength, brain development and building immunity. Copper is a mineral involved in making red blood cells and developing a strong immune system.
- ▶ **Potassium:** This helps the heart work more efficiently and is significant in controlling blood pressure. Potassium controls heart activity and maintains fluid balance. A single serving of kiwifruit **outranks bananas** as the top low-

### PREPARATION

The simplest way to enjoy kiwifruit is to wash it and eat it skin and all. The skin is high in nutrition and is similar in texture to eating a peach with its skin. Other ways of preparation are peeling and slicing or try cutting the fruit in half, and then scooping the meat out of the skin.

### USES

Add kiwifruit cartwheels to fresh fruit salads, coleslaw and chicken or turkey salads. Top cereals with kiwifruit slices or float slices in punch and drink recipes. Give cheesecake a touch of elegance with a kiwifruit glaze or use as a garnish on pies and cakes. Blend kiwifruit into frothy fresh fruit drinks. Garnish poultry and meat dishes. Fill avocado, melon or papaya halves with chopped kiwifruit. May also be used as a meat tenderizer.

### PRESERVATION

Although they appear fragile, kiwifruit will keep for up to six months if kept at a temperature slightly above freezing and near 90% humidity. Placing the fruit in the refrigerator will provide satisfactory storage for three to four weeks.

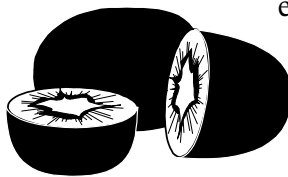
- ▶ **Freezing:** Retains flavor and green color when frozen. Select firm, ripe kiwifruit; cut into ¼” slices. Place into freezer bags; remove air and freeze. Use within one year.
- ▶ **Drying:** Slice into thick slices; dip in heavy syrup. Treat to prevent darkening; dry until pliable and leathery.

- ▣ **Leather:** Blend kiwifruit; strain pulp. Add sugar to taste; place on baking sheet to dry.

## TIPS & HINTS

- ❖ Kiwifruit can be ripened by leaving at room temperature for a few days or by placing them in a dry paper bag along with an apple or banana.
- ❖ Use an egg slicer on kiwifruit to make uniform slices for colorful garnishes.
- ❖ Kiwifruit does NOT work well in gelatins because it has an enzyme that breaks down collagen.
- ❖ When using kiwifruit with dairy products, it is necessary to cook it briefly to deactivate the enzyme that causes curdling.

## RECIPES TO TRY . . .



### KIWIFRUIT PANCAKES

1 ½ cups flour	2 tablespoons sugar
¼ teaspoon baking powder	¼ tsp baking soda
¼ teaspoon salt	2 eggs
1 ½ cups buttermilk	2 T. vegetable oil
2 kiwifruit	⅓ cup chopped pecans

In large bowl, stir together flour, sugar, baking powder, soda and salt. In small bowl, lightly beat eggs; stir in buttermilk and oil. Quickly stir buttermilk mixture into dry ingredients, just until flour is moistened (batter will be lumpy). Stir in kiwifruit and pecans. If batter is too thick to pour, stir in 2 to 3 tablespoons more buttermilk. For each pancake, pour about 1/4 cup batter onto lightly oiled, heated griddle (350 degrees) or large non-stick skillet. Cook over medium to medium-high heat until underside of pancake is lightly browned and surface is covered with small unbroken bubbles, about 2 minutes. Turn; cook second side about 1 minute. Serve hot. Top each stack of pancakes with slices of kiwifruit, garnish with pecan halves and serve with syrup, if desired.

### KIWIFRUIT BREAKFAST TOPPING

¾ cup honey  
¼ cup orange juice  
1 tablespoon butter or margarine  
¼ teaspoon grated orange peel

3 kiwifruit, pared, chopped

Combine honey, orange juice, butter and orange peel. Cook and stir over medium heat until butter has melted and mixture is smooth. Stir in kiwifruit, and server over pancakes, waffles or French toast.

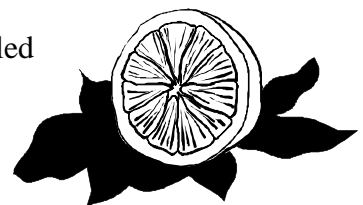
### KIWIFRUIT CHICKEN SALAD

1 ½ cups cooked chicken, cubed  
¼ cup celery, chopped  
¼ cup toasted walnuts, coarsely chopped  
3 tablespoons mayonnaise  
¼ teaspoon salt  
2 kiwifruit, pared, sliced, divided

Combine chicken, celery, walnuts, mayonnaise and salt. Quarter half of kiwifruit slices; gently stir into chicken mixture. Spoon onto 2 lettuce-lined salad plates. Garnish each serving with remaining kiwifruit slices. Serves 2.

### KIWIFRUIT & ORANGE SALSA

3 to 4 kiwifruit, peeled and diced  
1 orange, peeled, diced  
1 cup jicama, peeled, diced  
½ cup red bell pepper, diced



¼ cup cilantro, chopped  
1 tablespoon lime juice  
1 tablespoon vegetable oil  
½ jalapeno pepper, seeded, minced  
¼ teaspoon salt

In large bowl, combine all ingredients; mix well.  
Chill; serve as dip with tortilla chips, toasted pita bread triangles or warm tortillas. Also, good as a sauce for fish, chicken or pork. Makes 2 cups.

*Source: Dr. Paul LaChance, Rutgers University,  
New Brunswick, NJ*