

HARVEST OF THE MONTH:

Grapefruit



Nutrition Facts

Serving Size 230 g

Amount Per Serving

Calories 97 Calories from Fat 3

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 25g 8%

Dietary Fiber 4g 15%

Sugars 16g

Protein 2g

Vitamin A 53% • Vitamin C 120%

Calcium 5% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

FUN FACTS ABOUT GRAPEFRUIT

- Most grapefruit groves are hand-picked; no mechanical harvesting is used.
- One acre of a grove can produce almost 60,000 pounds of grapefruit.
- Grapefruit trees can produce for 30-40 years.
- The whole grapefruit is used during the juicing process. After juicing, the skins can be used to make essential oils and essences can be converted to molasses for cattle feed.

PRODUCE TIPS

- There are three main types of grapefruit: white/yellow, pink, and red.
- Choose grapefruit that have a smooth, glossy skin and feel heavy for their size.
- Avoid grapefruit with brown or soft spots.
- Store grapefruit at room temperature for up to one week. Store in the refrigerator for over two weeks.

HEALTHY SERVING IDEAS

- Combine grapefruit sections, sliced banana and raisins with low-fat yogurt. Sprinkle with cinnamon for a sweet twist.
- Cut in half and serve chilled grapefruit for breakfast.
- Blend grapefruit chunks with equal parts of oil and vinegar for a zesty salad dressing.
- Toss peeled grapefruit segments into fruit or green salads.

REASONS TO EAT GRAPEFRUIT

- Rich source of Vitamin C
- Low in calories
- Contain potassium, folate, fiber, Vitamin A, Vitamin B6, and thiamin



Grapefruit Recipes

BREAKFAST FRUIT CUP

INGREDIENTS

- 2 large pink or red grapefruit
- 2 medium bananas, peeled and sliced
- ⅛ C. raisins
- ¾ C. non-fat vanilla yogurt
- 2 tsp. ground cinnamon
- Small paper cups and spoons

DIRECTIONS

Peel grapefruit and remove seeds. Slice into bite-size pieces. In large bowl, combine fruit. Divide fruit into cups. Top each with a spoonful of yogurt. Sprinkle with cinnamon and serve.

BAKED BREAKFAST GRAPEFRUIT CRISP

INGREDIENTS

- Large grapefruit, cut in half
- ¼ C. old-fashioned oats
- 1 T brown sugar
- 2 tsp. butter
- Salt—dash
- ¼ tsp. cinnamon

DIRECTIONS

Preheat oven to 350 degrees. Remove all visible seeds from the grapefruit and loosen sections from membrane with a sharp knife. Place grapefruit halves cut side up in a baking dish. Stir the oats, brown sugar, cinnamon, and salt together in a small bowl; add the butter and mash with a fork to incorporate oat mixture into the butter. Spread the butter mixture over the top of each grapefruit half. Cook until the topping is golden brown, about 10 minutes.

CITRUS SALAD

INGREDIENTS

- 5 C. chopped salad greens
- 1 large orange, peeled and sectioned
- 1 medium pink or red grapefruit, peeled and sectioned
- ½ C. chopped red onion
- 1 C. thinly sliced radishes
- ¼ c. sliced almonds, optional
- 2 T light sesame dressing
- 2 T 100% orange juice

DIRECTIONS

Place salad greens in a large bowl. Combine all ingredients with salad greens. Toss ingredients together. Serve immediately.

FRESH GRAPEFRUIT SMOOTHIE

INGREDIENTS

- 1 ½ C. fresh red grapefruit juice
- 8 large strawberries
- 2 medium bananas
- 8 oz. non-fat strawberry yogurt
- 2 T honey
- 1 C. crushed ice

DIRECTIONS

Blend all ingredients until smooth. Enjoy.

