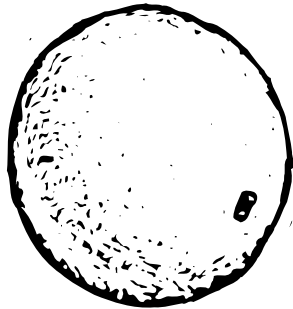
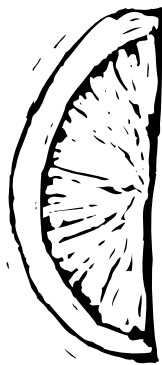


## Grapefruit Recipes

Grapefruit is a healthy, tasty way to boost your fruit intake, not just at breakfast but anytime. Try these recipes, suggested by registered dietitian Karen Friedly of Lehigh Valley Hospital and Health Network.

### ■ Broiled Grapefruit

Cut grapefruit in half and remove seeds. Cut around sections to loosen and remove center. Sprinkle each half with one tablespoon brown sugar (or sweetener to taste). Heat oven to broil or 550 degrees Fahrenheit. Broil grapefruit 4 to 6 inches from heat for 5 minutes or until juice bubbles and edge of peel turns light brown. Serve hot.



### ■ Sunshine Shake

- 1 cup orange juice
- 1/2 cup grapefruit juice
- 1 ripe banana
- 1/2 cup low-fat vanilla yogurt
- 1/2 tsp vanilla extract

**NUTRITION TIP:** Use calcium-fortified orange and grapefruit juice to increase calcium intake.

Combine all ingredients in blender until smooth. Pour into glass and serve immediately. Makes two 8-ounce servings.

**Nutrition facts per serving:** 190 calories, 5 grams protein, 40 grams carbohydrate, 1 gram fat (0.5 gram saturated fat), 60 milligrams vitamin C, 650 milligrams potassium, 40 milligrams sodium, 2 grams fiber.

*Recipe courtesy of the Florida Department of Citrus*



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## Grapefruit Recipes

### ■ Spinach and Grapefruit Salad

2 Tbsp chopped pecans

8 cups torn spinach

2 cups red grapefruit sections (about 3 medium grapefruit)

2 cups sliced mushrooms (about 8 ounces)

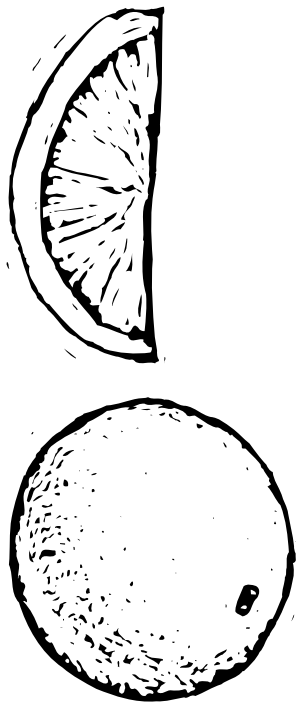
1/4 cup (1 ounce) crumbled blue cheese

1/2 cup fat-free raspberry vinaigrette

Place pecans in a large skillet and cook over medium heat 3 minutes or until lightly browned, shaking skillet frequently. Set aside. For each serving (4 in total), place 2 cups spinach on a plate and arrange 1/2 cup grapefruit and 1/2 cup mushrooms over the spinach. Sprinkle with one-quarter of the crumbled cheese and chopped pecans, and drizzle with 2 tablespoons of the vinaigrette.

**Nutrition facts per serving:** 165 calories (28% from fat); 5.2 grams fat (1.6 grams saturated, 2.2 grams monounsaturated, 0.9 grams polyunsaturated); 6.4 grams protein; 27.5 grams carbohydrate; 5.8 grams fiber; 5 milligrams cholesterol; 3.7 milligrams iron; 409 milligrams sodium; 163 milligrams calcium.

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## Grapefruit Recipes

### ■ Grilled Balsamic and Grapefruit Glazed Salmon

1 cup freshly squeezed grapefruit juice

2 Tbsp balsamic vinegar

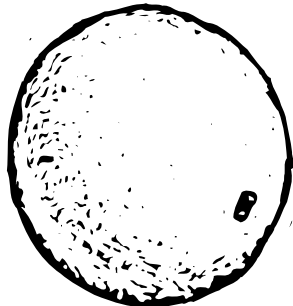
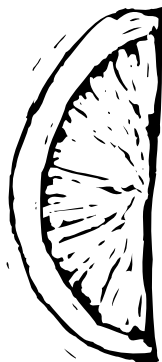
2 Tbsp brown sugar

4 salmon fillets, 6 oz. each

1/2 tsp salt

1/2 tsp pepper

8 grapefruit slices (about half an inch thick)



Make glaze by combining grapefruit juice, balsamic vinegar and brown sugar in medium saucepan. Boil until reduced by half, approximately 15 minutes. Keep warm. Season each side of salmon fillets with a dash of salt and pepper. Grill salmon until just done in center, about 5 minutes per side depending on thickness of fillet. Brush salmon with 1 tablespoon glaze during grilling and just before removing from grill. Place 2 grapefruit slices on each serving plate and top with cooked salmon fillet. Drizzle 1 tablespoon glaze on top of salmon. Makes 4 servings.

**Nutrition facts per serving:** 280 calories (19% from fat); 6.0 grams total fat (1 gram saturated, 3% of calories from saturated fat); 35 grams protein; 21 grams carbohydrate; 88 milligrams cholesterol; 1 gram fiber; 410 milligrams sodium

*Recipe courtesy of Sunkist. Recipe was reviewed by Produce for Better Health Foundation (PBH) for Sunkist.*



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