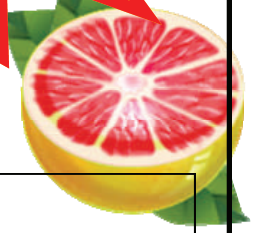


Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Grapefruit



You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week

What fruit is a cross between an orange and a shaddock?  
**GRAPEFRUIT!**

- ◇ Common varieties include pink and ruby red
- ◇ Select grapefruit that are glossy, round, smooth, and heavy for their size
- ◇ Avoid grapefruits that have brown spots or soft spots
- ◇ You can store grapefruits in the refrigerator for several weeks, or at room temperature for up to a week
- ◇ Allowing a refrigerated grapefruit to come to room temperature before eating will increase the flavor!

### Nutrition Facts:

- **One serving is 1/2 of a grapefruit; it contains 60 calories**
- **Grapefruit is an excellent source of vitamin C and a good source of vitamin A**
- **Grapefruit contains no fat, or sodium**

**Did you know?**  
**Grapefruit can interfere with some medications!**  
**Ask your pharmacist about any medications you take.**

## Count it out!

Keep track of the fruits and veggies that you eat each day by coloring in a different piece of triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





# Try these delicious, nutritious and healthy recipes!

## Fancy Brunch Grapefruit

4 Servings

### INGREDIENTS

- ♦ 2 whole grapefruits
- ♦ 1/2 T sugar
- ♦ 1/2 T cinnamon
- ♦ 1/2 tsp nutmeg
- ♦ 1/2 tsp cloves

### DIRECTIONS

1. Cut grapefruit in half; section with a knife (or this step can wait until they are cooked)
2. Combine sugar and spices
3. Place grapefruit halves on a cookie sheet and sprinkle with sugar mixture
4. Place in an oven and broil for about 5 minutes, until beginning to brown
5. Eat warm!

(An alternate preparation method provides a classy touch: remove each section from the grapefruit half; clean out the 'skin' of all pulp and connecting membranes; replace grapefruit sections and sprinkle with sugar mixture before broiling as directed.)



## Island Seafood Salad

6 Servings

### INGREDIENTS

Dressing:

- ♦ 3/4 cup orange juice concentrate
- ♦ 1/4 cup water
- ♦ 1/4 cup red wine vinegar
- ♦ 1/4 cup olive oil
- ♦ 3 cups cooked seafood (shrimp, crab, etc)
- ♦ 20 oz salad greens
- ♦ 1 grapefruit, peeled & sectioned
- ♦ 2 kiwis, peeled and sliced
- ♦ 2 cups cubed pineapple
- ♦ 2 tomatoes, wedged

### DIRECTIONS

1. To make the dressing, combine juice, water and vinegar in a blender. Blend on low and add oil slowly and blend until thickened. Add salt and pepper to taste. Refrigerate.
2. Toss seafood with 2 tablespoons of dressing; set aside. Place salad greens on plates and top with seafood. Arrange fruits and tomato around plate and top with remaining dressing.

Recipes adapted from allrecipes.com

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**