Grapefruit

1/2 of a grapefruit = 1/2 cup

**Why Should I Eat Grapefruit?**

- Gives you 100% of your daily Vitamin C—good for cuts and your bones.
- Has lycopene—may lower risks for prostate cancers.
- Has Fiber—May reduce your “bad” cholesterol (LDL) levels.

*If you are on any medications, please consult your doctor or pharmacists before eating grapefruit or drinking the juice.*

**How Do I Know I Have a Good One?**

- Can either be white or pink on the inside.
- The grapefruit is still ok if the outside has scratches or is not perfect in color.
- Don’t eat them if they have really soft spots on them, are overly-wrinkled, or have really rough skin.

How Should I Handle It At Home?

- Can be stored at room temperature if you are going to eat them in a week.
- Put them in the refrigerator if you’re not going to use them soon. Should stay good for 2-3 weeks there.
- Do not store grapefruits in plastic bags or film-wrapped trays. This could allow mold to grow on the fruit.
- Wash them before cutting into them.
- For long term storage grapefruit can be frozen whole. The flavor is better than trying to freeze grapefruit juice.

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Cooking with Grapefruit

**Homemade Grapefruit Juice**

- Wash grapefruit and cut them in halves.
- Squeeze the grapefruit into a strainer over a pot to catch the seeds. Juice until you have the amount you want to drink that day.
- Try to not get any oil from the skin into the juice. It is very bitter.

- If the juice is too bitter, you can add a simple sugar syrup to it.

**Simple sugar:**
- 1 cup of water—bring to a boil
- 1 cup of sugar—mix in with the boiling water
- Stir until you can’t see the sugar anymore.
- Let the syrup cool, and then pour into juice until desired taste.

**Chicken Sauté with Pink Grapefruit**

Serves 4 people

2 small pink grapefruit
1/2 cup (or less) of orange juice
All purpose flour
1 tsp of any herb you want*
Salt and pepper to taste
4 chicken breasts (about 1 pound)
1/4 cup white wine OR chicken broth
1 Tbsp of fresh parsley (if you want it)

1. Peel grapefruit, cut into slices and remove seeds. Save all juices and add orange juice to give 1/2 cup of juice for the sauce.
2. Remove skin and bones from chicken.
3. Mix the flour with your herbs of choice, plus the salt and pepper and drag the chicken breasts through the flour, so that all sides are covered with flour.
4. Spray skillet with cooking spray, heat and add chicken. Cook over medium-heat for 3-4 minutes on each side or until golden brown. Remove from skillet and cover to keep warm.
5. Pour the wine (or broth) and juice into the same pan on high heat. Heat until there is about half the liquid left, and then add the grapefruit slices and parsley.
6. Place slices of grapefruit on the center of plate, top with chicken breast and then add the sauce.

* Rosemary, thyme or sage are good herbs.

Adapted from: Medicinenet.com – Kathleen Zelman, MPH, RD

**Avocado and Grapefruit Salad**

Serves 4-6 people

1 Tbsp of Dijon mustard
1/4 cup of lemon juice
1 1/2 tsp of salt
3/4 tsp pepper
1/2 cup olive oil
4 avocados
2 large red or white grapefruits

1. Place the mustard, lemon juice, salt, and pepper in a small bowl. Slowly whisk in the olive oil until the vinaigrette is blended.
2. To serve, cut the avocados in half, remove the seeds, and carefully peel off the skin. Cut each half into 4 thick slices. Toss the avocado slices in the vinaigrette.
3. Peel and slice the grapefruits into halves.
4. Place the avocado slices around the edge of a large plate. Arrange the grapefruit segments in the center. Spoon the vinaigrette on top, sprinkle with salt and pepper, and serve.

Source: Food Network: Ina Garten