

Fruit of the Month

Grapefruit



The grapefruit we know today was developed in the West Indies in the early 1700s and first introduced to Florida in the 1820s. Today, most grapefruit is still grown in Florida. Since the early part of the 20th century, mutant strains of white grapefruit have appeared with pink to slightly reddish color, and have been propagated by citriculturists into several strains of grapefruit that are now best known as the Ruby Red. Grapefruit got its name from the way it grows in clusters (like grapes) on the tree. There is no mistaking a grapefruit tree—they are large with glossy dark green leaves and the fruit hangs in clusters on the tree. Grapefruit trees are beautiful and a member of the citrus family offering about 69% of the RDA for vitamin C. Grapefruit also provides about 250mg of potassium and pectin a soluble fiber effective in lowering cholesterol levels. It seems to be a cross between an orange and a shaddock, combining the sweet and tangy flavor of each fruit.

WARNING!

IF YOU DRINK GRAPEFRUIT JUICE AND TAKE MEDICATIONS READ THIS:

A cold glass of grapefruit juice is part of the morning routine for a lot of people. What you may not realize, however, is that this same juice might interact with drugs you are taking. The interaction between grapefruit and some medications was discovered by accident when researchers were looking for an interaction between a particular blood pressure medicine and alcohol. Grapefruit juice was used as a vehicle to mask the taste of the alcohol. While the alcohol did not affect the amount of the drug circulating in the body, the grapefruit juice greatly increased the levels of the medication.

Some medications which may be affected by grapefruit juice include: midazolam (Versed®), cyclosporin (Sandimmune®, Neoral®), lovastatin (Mevacor®), simvastatin (Zocor®), pravastatin (Pravachol®), and Thyroid medications.

Certain prescription antihistamines, such as Astemizole which is in Hismanal® and terfenadine which is in Seldane® and Seldane-D®, could also be affected by grapefruit juice. With these particular medications, increased drug levels could be associated with arrhythmias which could be fatal.

If you are taking a medication that should not be taken with one of these drugs, Erythromycin, itraconazole (Sporanox®), ketoconazole (Nizoral®), mibefradil or (Posicor®), the safest course of action is to assume that it would interact with grapefruit juice. An example of this is cisapride (Propulsid®), which is used to treat certain gastrointestinal problems.

If you drink grapefruit juice regularly, it would be a good idea to inquire about its possible interaction with any medications you may be taking or any new drugs that are added. Some sources recommend not drinking grapefruit juice within 2 hours before and 5 hours after a drug that may interact with it. A safer approach would be to substitute another citrus juice, such as orange juice, which has the same vitamins but has not demonstrated the drug interactions.

Remember that eating grapefruit or taking grapefruit supplements may also interact with the same medications. Some drinks that are flavored with fruit juice could be flavored with grapefruit juice. Check the label, if you are not sure.

Varieties

There are three major types of grapefruit white, pink/red, and star ruby/rio red varieties. All grapefruit have a similar tangy-sweet flavor and are very juicy. The grapefruits that are used to make juice are those which contain seeds. The pink or red variety contains more vitamins than the white.

Selecting

Choose grapefruit that is glossy, round, smooth and heavy for its size. Avoid any grapefruit with brown and/or soft spots.

Storing

Store grapefruit at room temperature up to a week, or up to 8 weeks in a refrigerator. Leave at room temperature for a couple of hours before eating.

Nutrition Facts

Serving Size (154g)		Servings Per Container	
Amount Per Serving			
Calories 50	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 12g	4%		
Dietary Fiber 2g	8%		
Sugars 11g			
Protein 1g			
Vitamin A 4%	• Vitamin C 90%		
Calcium 2%	• Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



Make Grapefruit Part of Your 5 A Day Plan

It is easy to include grapefruit in your 5-10 A Day Plan. Eat half of a grapefruit in the morning along with your cereal. Take small cans of grapefruit juice with you for lunch instead of soda. Include peeled segments in your salads, or eat just plain with a dash of cinnamon.

Recipes

Baby-Greens Salad with Grapefruit

Makes 12 servings

Each serving equals one 5 A Day serving

2 medium-size grapefruits

2 medium-size heads Belgian endive

1 Tbsp balsamic vinegar

1 Tbsp Dijon mustard

2 tsp drained capers

1/2 tsp sugar

1/2 tsp salt

1/4 cup olive or salad oil

1 pound mixed baby greens or mixed salad greens (about 12 cups loosely packed)

With knife, cut peel from grapefruits. Holding grapefruits over small bowl to catch juice, cut sections from grapefruits between membrane. Place grapefruit sections on plate. Cut endives lengthwise into matchstick-thin strips.

In large bowl, combine balsamic vinegar, Dijon mustard, capers, sugar, salt, and 2 tablespoons grapefruit juice (reserve any remaining grapefruit juice for another use). With wire whisk or fork, slowly beat in olive or salad oil until mixture thickens slightly.

Add salad greens, grapefruit sections, and endive to dressing in bowl; toss to coat.

Nutritional analysis per serving: calories 29, protein 4g, fat 2g, percent calories from fat 25%, cholesterol 0mg, carbohydrates 8g, fiber 4g, sodium 156mg

Chicken and Fruit Salad

Makes 4 servings

Each serving equals one 5 A Day serving

1 lb roasted chicken breast
1 medium-size bunch spinach
2 medium-size pink or white grapefruit
2 medium-size Red Delicious apples
3/4 pound seedless green grapes
1/3 cup fat free Dijon salad dressing

Remove and discard skin from chicken; tear chicken into bite-size pieces. Chop 1 cup loosely packed spinach leaves; set remaining leaves aside. Cut peel from grapefruit; remove sections with knife. Cut unpeeled apples into 3/4-inch chunks.

In large bowl, combine chicken, chopped spinach, fruit, and salad dressing; toss to coat.

To serve, arrange remaining spinach leaves on platter; spoon chicken salad over spinach leaves.

Nutritional analysis per serving: calories 374, protein 39g, fat 5g, percent calories from fat 12%, cholesterol 96mg, carbohydrates 45g, fiber 6g, sodium 236mg

Ruby Grapefruit Slush

Makes 4 servings

Each serving equals one 5 A Day serving

2 cups Ruby Red grapefruit juice

1/4 cup sugar

2 Tbsp corn syrup

1/4 cup red raspberry jam (all fruit)

In a small saucepan, bring 1/4 cup of grapefruit juice and sugar to a boil, stirring frequently until the sugar is dissolved. Remove from heat and let cool. Stir in remaining grapefruit juice and corn syrup.

Pour mixture into an 8- or 9-inch square pan and freeze 1 hour, or until frozen 1 inch around the edges. Stir well with a fork to break up large pieces of ice. Cover and freeze 3 hours, or until completely frozen.

Once frozen, let stand at room temperature for about 10 minutes to soften, then scrape with a large metal spoon, creating coarse pebbles of ice, and serve in chilled bowls or glasses, microwave raspberry jam until just pourable and drizzle over top of each serving.

Nutritional analysis per serving: calories 193, protein 1g, fat 0g, percent calories from fat 0%, cholesterol 0mg, carbohydrates 50g, fiber 0g, sodium 28mg

Warm Grapefruit Delight

Makes 4 servings

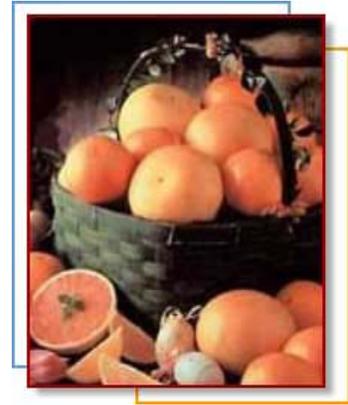
Each serving equals one 5 A Day serving

2 large grapefruits, halved

1/4 cup dark brown sugar

1/2 tsp ground cinnamon

Maraschino cherries and mint leaves, for garnish



Using a knife, core each grapefruit and loosen the pulp from the rinds. Sprinkle each half with 1 tablespoon of the brown sugar and 1 tablespoon of the cherry liqueur. Dust each with the cinnamon.

Arrange the grapefruits on a baking pan and place under a preheated broiler about 4 inches from the heat. Broil for 2 to 3 minutes or until the sugar melts and the tops brown.

Transfer the grapefruit to serving plates and garnish with the maraschino cherries and mint leaves. Serve while still warm.

Nutritional analysis per serving: calories 108, protein 1g, fat 1g, percent calories from fat 1%, cholesterol 0mg, carbohydrates 28g, fiber 2g, sodium 7mg

Seared Salmon with Grapefruit Ginger & Couscous

Makes 4 servings

Each serving equals one 5 A Day serving

Salmon fillet, 8 oz.

2 Tbsp olive oil

Salt and pepper to taste

1 Tbsp shallot, chopped

1 Tablespoon fresh ginger root, peeled, & chopped

2 grapefruit for juice and zest

1 Cup wine (Chardonnay)

2 Tbsp white wine vinegar

1 tsp granulated sugar

4 Tbsp fat free evaporated milk

4 Tbsp Butter Buds (2 for sauce, 2 for couscous)

8 Ounces couscous

1 Gallon water, lightly salted

2 Tbsp Parsley, chopped

FISH: Rub salmon with olive oil and salt and pepper. In very hot sauté pan place 2 tablespoons of olive oil and seasoned salmon fillets. Sear for one minute on each side. Place in 425° oven for 3-5 minutes depending on thickness of fish. Salmon should be served medium rare.

SAUCE: Place shallots, ginger, grapefruit juice and zest, Chardonnay, vinegar and sugar in saucepan. Reduce by 3/4, add evaporated milk and reduce by half. Turn on low heat and add 1 tablespoon of butter buds, stirring continuously. Season with salt and pepper and set aside.

COUSCOUS: Bring pot of salted water to a boil, add couscous. Cook like pasta till tender. Strain. Toss with 2 tablespoons of butter and 2 Tbsp chopped parsley.

ASSEMBLY: Place salmon on plate. Mound couscous to one side. Top fish with approximately 2 tablespoons of sauce. Garnish with grapefruit sections, red pepper diced and cilantro leaves

Nutritional analysis per serving: calories 321, protein 15g, fat 12g, percent calories from fat 29%, cholesterol 34mg, carbohydrates 35g, fiber 1g, sodium 477mg