

Grapefruit Juice

What's Good About Grapefruit?

- Contains vitamin C, which can help you fight off infections
- Grapefruit can improve heart health by reducing risk factors for heart disease, such as high blood pressure.
- Contains vitamin A, which helps reduce the risk of heart disease, cancer and eye-related disorders.

How Do I Use Grapefruit Juice?

- Grapefruit juice can be served as a beverage, chilled on its own, or used as a base for punch.
- Blend grapefruit juice with fruit, yogurt, and ice to make a fruit smoothie.
- Mix chopped fruit, grapefruit juice, and chopped nuts for a twist on fruit salad.

CITRUS SOOTHER

MAKES 4 SERVINGS

Ingredients:

2 cups grapefruit juice

2 cups orange juice

¼ cup honey

⅛ teaspoon cinnamon

Directions:

1. In a medium saucepan combine grapefruit juice, orange juice, and honey. If using cinnamon, add that too.
2. Heat, stirring occasionally, just until warm (do not boil). Serve warm

GRAPEFRUIT SMOOTHIE

MAKES 2 SERVINGS

Ingredients:

1 cup grapefruit juice

1 cup plain or vanilla low-fat yogurt

1 cup canned mixed fruit, drained

1 cup ice

Directions:

1. Combine all ingredients in blender.
2. Blend until smooth.

RECIPES

FLORIDA'S FAVORITE CHICKEN

MAKES 2 SERVINGS

Ingredients:

- 2 chicken breast halves
- 2 tablespoons chicken broth
- 2 tablespoons onion, chopped
- 1 tablespoon cornstarch
- 1 tablespoon water
- 1 cup grapefruit juice

Directions:

1. Remove skin and bones from chicken.
2. In a skillet, brown chicken breasts in broth until lightly browned, 5 minutes each side.
3. Chop chicken into bite-sized pieces and set aside.
4. In same skillet, lightly cook onion until clear.
5. Mix cornstarch and water in a small cup and add to onion.
6. Slowly add grapefruit juice and stir constantly until mixture starts to thicken.
7. Mix in chicken. Cook until heated.
8. Serve immediately.

GRAPEFRUIT JUICE SPRITZER

MAKES 4 SERVINGS

Ingredients:

- 1 cup grapefruit juice
- 1 cup seltzer or soda water
- 1 cup white grape juice

Directions:

1. Combine grapefruit juice, seltzer or soda water, and white grape juice in a pitcher and mix well.
2. Serve in tall glasses.

For More Information about Grapefruit

Visit:

<https://healthymeals.fns.usda.gov/grapefruits>

<https://nccih.nih.gov/taxonomy/term/1022>