

~Kiwifruit~

Chicken Salad Sandwich

Salad

6 ounces chicken breast, shredded
¼ cup kiwifruit, peeled and chopped
¼ cup dried cranberries or raisins
¼ cup almonds, sliced
2 green onions, sliced
2 small ribs celery, chopped

Dressing

½ cup plain Greek yogurt
½ teaspoon curry powder
2 teaspoons soy sauce
Squeeze of lemon juice
Salt, to taste

Combine salad ingredients in a bowl. In a separate bowl, mix dressing ingredients. Pour dressing over salad mixture. Toss to coat. Serve immediately on lettuce leaves or whole wheat bread.

Yield: 3 servings

Kiwifruit Salsa

3-4 fresh kiwifruits, peeled and diced
¼ cup pomegranate seeds
½ avocado, peeled and chopped
1 heaping tablespoon green onion, thinly sliced

1 teaspoon olive oil
1 tablespoon jalapeño, seeded and finely diced
1 tablespoon fresh cilantro, chopped
Salt and pepper

Combine kiwifruit, pomegranate seeds, avocado, green onion, and olive oil in a medium bowl and mix well. Add jalapeño to the mixture 1 teaspoon at a time, until desired level of heat has been reached. Add cilantro. Salt and pepper to taste. Serve over any meat, poultry, or fish or with tortilla chips.

Yield: 1½ cups

Interesting Facts

Kiwifruit is a good source of vitamin C, vitamin E, fiber, and potassium. These nutrients help the immune system, heart, colon, and prevents damage to cells.

Kiwifruit is heart healthy! This delicious fruit is also fat free, cholesterol free, and low in sodium.

Kiwifruit contains the enzyme, actinidin. Actinidin breaks apart protein. Therefore, kiwifruit is a tasty and natural way to tenderize meats. Just cut the kiwifruit in half and rub the fruit on the meat. Let it sit for at least 15 minutes prior to cooking. Because of the actinidin, kiwifruit is not a good addition to Jell-O and dishes that combine dairy products with kiwifruit should be served immediately.

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Kiwifruit Smoothie

2 ripe kiwifruits, chopped
1 cup apple juice
1 cup skim milk
2 scoops low-fat plain yogurt
Ice cubes

Put all ingredients into blender. Blend until smooth.
Yield: 4 servings

The peak season for kiwifruit in the United States is November – May, however they are available year round in most grocery stores. For a juicier kiwifruit, select kiwi that is firm and allow it to ripen at room temperature. To ripen, place at room temperature for 3-5 days. When selecting kiwifruit, look for one that is free from blemishes and bruises. A ripe kiwifruit is plump, slightly soft to the touch, and has a fragrant odor.

Mixed Salad Greens with Kiwi and Honey Sesame Dressing

Salad

4 cups mixed greens
2 chicken breasts, cooked and chopped (optional)
1 cup strawberries, sliced
2 kiwifruits, peeled and sliced
½ cup dry-roasted, salted cashews (optional)

Dressing

½ cup reduced-sodium chicken broth
2 tablespoons honey
2 teaspoons sesame oil
2 teaspoons honey mustard
Salt and pepper

To make salad, place mixed greens in a large bowl. Top with chicken, strawberries, kiwis, and cashews. For the dressing, in a small bowl whisk together broth, honey, sesame oil, and honey mustard. Salt and pepper to taste. Pour mixture over salad.

Yield: 4 servings

Cutting a kiwifruit

- The fuzzy outside peel of the kiwifruit is edible. Gently rinse and dry the fruit and cut into slices.
- The skin can be easily removed by cutting off the top and bottom of the kiwifruit. A knife or peeler can then be used to remove the skin on the sides. Once skin is removed, slice or chop kiwi as desired.
- The skin can also be easily removed by cutting the kiwi in half and then using a spoon to scoop out the middle. The fruit can then be sliced or chopped as desired.
- There are many ways to cut a kiwifruit. Find a method that works best for you!

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