

If it's big, round, heavy, yellow, and luscious smelling, it *must* be



Grapefruit!

*High in
Vitamin C and
antioxidants!*

Choose grapefruit that is smooth, blemish free, and heavy for its size. Store at room temp for a week or in the fridge for 3-4 weeks. Serve as is, in salads, with seafood, or broiled for a delicious dessert.

Broiled Grapefruit

1 grapefruit
2 teaspoons brown sugar
Dash of cinnamon

- Put oven rack 4 inches from broiler unit and turn oven to broil.
- Line a baking sheet with tin foil.
- Wash the outside of the grapefruit with soap and water.
- Cut the washed grapefruit in half.
- Run a sharp, serrated knife between the fruit and peel and then between each segment to loosen the fruit from its peel and membranes. Leave the segments in the shells.
- Place the grapefruit halves, cut side up, on the baking sheet.
- Sprinkle each half with brown sugar and cinnamon.
- Place the pan in the oven.
- Broil the grapefruit until the tips of the peel are brown, and the sugar is bubbly (about 2-3 minutes).

Yield: 2 servings. Best served while warm!

Grapefruit and Avocado Salad

2 pink or red grapefruit
1 tablespoon juice from grapefruit
4 cups romaine lettuce
1 avocado, sliced thin
¼ small red onion, thinly sliced
1 tablespoon olive oil
1 tablespoon red wine vinegar
1 teaspoon sugar
Salt and pepper to taste

- Cut skin and membrane away from grapefruit. Reserve 1 tablespoon juice from fruit. Place fruit in large bowl.
- Add lettuce, avocado, and onion to bowl. Toss gently.
- Mix grapefruit juice, olive oil, vinegar, and sugar together. Drizzle over salad.

Season with salt and pepper as desired.