

FRUIT/VEGETABLE OF THE MONTH!

APRIL'S FEATURED FRUIT IS THE GRAPEFRUIT

GRAPEFRUIT FACTS:

Grapefruit is a large, tropical citrus fruit known for its sweet and somewhat sour taste. It's rich in nutrients, antioxidants, and fiber, making it one of the healthiest citrus fruits you can eat.

White, yellow, pink, or red, research shows that grapefruit may have some powerful health benefits, including weight loss and a reduced risk of heart disease.

BE CAREFUL! Although grapefruit is nutritious, it also can affect how some medications work, resulting in some important side effects. Below are some of the most common medications that have known interactions with grapefruit - do any apply to you?

Medications for mental health,

such as:
Bupropion, Buspirone, Diazepam, Triazolam

Medications for physical health, such as:

Claritin (allergies), Coumadin (blood thinner), Simvastatin (cholesterol), and antibiotics like Erythromycin.

Medications used to treat HIV also can be vulnerable to grapefruit juice.

HEALTH BENEFITS OF EATING GRAPEFRUIT:

- Contains nutrients and antioxidants shown to help protect the heart by regulating blood pressure and cholesterol levels
- May help reduce insulin resistance, which can lower your risk of developing type 2 diabetes
- May help pump up your immune system
- Reduces the risk of kidney stones
- Has a high water content, which helps you stay hydrated and helps with weight management

WAYS TO ENJOY GRAPEFRUIT:

- Snack on grapefruit slices alone
- Make grapefruit salsa
- In a salad that combines grapefruit with kale or other leafy greens and avocado
- Use in marinades for meat or your favorite protein
- Blend it into a smoothie with other fruits and veggies
- Include it in a healthy breakfast parfait
- Make it into a dessert



RECIPE: BROILED GRAPEFRUIT CRISP

Total time: 15 mins
Yield: 2 Servings

Ingredients

- 1 large grapefruit, cut in half
- ¼ cup old-fashioned oats
- 1 tablespoon brown sugar
- ¼ teaspoon ground cinnamon
- Dash of salt
- 2 teaspoons butter

Directions

1. Preheat broiler and set the rack about 6 inches from the heat source.
2. Remove all visible seeds from the grapefruit and loosen sections from membrane with a sharp knife. Place grapefruit halves cut side up in a baking dish.
3. Stir the oats, brown sugar, cinnamon, and salt together in a small bowl; add the butter and mash with a fork to incorporate oat mixture into the butter. Spread about half of the butter mixture over the top of each grapefruit half.
4. Cook under the broiler until the topping is golden brown, about 10 minutes

