

Nutrition News And Notes

Citrus Fruit Sweetens The Deal

(NAPSA)—If the saying is true, then everything is bigger in Texas. But does that include the health benefits of eating the state's citrus fruit?

It just might. Texas Grapefruit and Texas Oranges are both fat-free, cholesterol-free and sodium-free. They're also around 60 to 80 calories per medium half, high in vitamin C and contain dietary fiber.

Of course, the health benefits are nice, but many foodies appreciate sweet Texas citrus for the kick it can give to everyday foods. Most people may not think to cook with grapefruit because they assume it is too bitter or sour, but Texas Rio Star Grapefruit are actually much sweeter than other grapefruit varieties.

For example, in a sugar-to-acid ratio, Texas Rio Star grapefruit exceeded the national average by three points. It is so sweet, you can substitute grapefruit juice in a recipe that would normally call for orange or lemon juice/zest.

A great example is Texas Rio Star Grapefruit Cheesecake. While traditional cheesecake recipes call for lemon juice, you can make it with grapefruit juice and enjoy a citrus twist as well as a lingering sweetness.

Texas Rio Star Grapefruit is also great in salsas. The sweetness of the grapefruit and orange sections balances the pungent bell peppers and onions, while the acidity gives the dish extra depth.

The balance of slight acidity and surprising sweetness of the grapefruit is a delightful culinary experience. Cooks can use it to be as bold as they want to be.



Texas Citrus Salsa is packed with vitamin C and sweet, fresh flavors.

Try this recipe:

Texas Citrus Salsa

- 1 Texas Rio Star Grapefruit, sectioned and chopped**
- 1 large Texas Orange, sectioned and chopped**
- 1 medium tomato, chopped**
- 1 cup diced bell pepper**
- 1 jalapeno pepper, seeded and minced**
- 3 tablespoons chopped red onion**
- 1 tablespoon chopped fresh cilantro**
- 1½ teaspoons sugar**
- 1¼ teaspoons salt**

Mix grapefruit, orange, tomato, peppers, onion, cilantro and seasonings. Drain juice before serving. Serve with chips or use it to top grilled chicken or fish! Makes 6 servings.

For more recipes, visit the Web site www.texasweet.com.