

Kiwi On A Stick

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(NAPSA)—You've heard the saying, "Don't judge a book by its cover." This certainly holds true for kiwifruit. Beneath a fuzzy brown exterior is an emerald green, juicy fruit that's truly one of the hidden treasures of the produce department.



Pivonka

A kiwifruit is about the size of a large brown egg with a flavor unlike any other fruit—slightly sweet, slightly tart with hints of citrus, strawberry and melon. During the winter months, kiwifruit comes to us from sunny Chile. Along with its very special taste, kiwifruit delivers exceptionally high amounts of vitamin C and other essential nutrients. Two kiwis provide dietary fiber (16% Daily Value (DV)), vitamin C (240% DV), potassium (10% DV), vitamin E (10% DV), and folate (17% DV), along with a wide array of phytonutrients.

A study conducted at Rutgers University compared kiwifruit to 24 other frequently eaten fruits and found kiwis to be the most nutrient dense. Enjoy kiwifruit for its good taste as well as its good nutrition. Simply cut two kiwis in half and eat with a spoon.

Kiwifruit are versatile and can be used in a wide variety of recipes, especially salads, appetizers and desserts. Kiwi On A Stick is an easy appetizer that is the perfect marriage of sweet, tart and salty flavors. Make these appetizers ahead and keep in the refrigerator until ready to serve.

To ripen kiwis, set in a fruit bowl for a few days or place in a paper bag with a banana. Ripe kiwis can be stored in the refrigerator up to three weeks. The skin is very thin and easily peeled; and if cut ahead, kiwis will keep their bright green color. Simply cut off each end, and then remove the skin with a vegetable peeler.

Eating one or more servings of fruits and vegetables every day from each of the five color groups: blue/purple, green, white, yellow/orange, and red is easy during these long winter months when



you have such a wide variety of fruits available from Chile. For more information on fresh fruits from Chile, visit www.cffausa.org. For information about 5 A Day and The Color Way Guide to the Health Benefits of Colorful Fruits and Vegetables, go to www.5aday.com and www.aboutproduce.com.

Kiwi On A Stick Easy, delicious and impressive appetizer

- 4 large kiwifruit, peeled
- 1 cucumber, small diameter, washed with ends removed
- 6 thin slices prosciutto (approx. 1.5 oz.), cut in half lengthwise
- 3 tablespoons lemon juice
- ¼ teaspoon garlic powder
- 12 short 5- or 6-inch skewers

Score kiwifruit and cucumber lengthwise with fork to decorate. Carefully cut in slices of equal thickness. Kiwi should yield 6 slices each, cucumber 12 slices. Stack one slice of cucumber in between two slices of kiwifruit, matching diameter of slices. Carefully wrap each kiwi stack with a half-slice of prosciutto and mount diagonally on the tip of a skewer. Proceed with remaining skewers. Combine lemon juice and garlic powder; brush all kiwi skewers and allow to chill, covered, until ready to serve. Serves 6 (2 skewers each).

Nutritional information per serving: calories: 52, total fat: 0.9g, saturated fat: 0.2g, % calories from fat: 14 percent, protein: 2g, carbohydrates: 10g, cholesterol: 4mg, dietary fiber, 2g, sodium: 94mg.

Note to Editors: Fifty-fifth in a series of monthly 5-A-Day columns, with more stories featuring fruits and vegetables at www.napsnet.com and search: "Pivonka."