

Fabulous Fruit

Live The Sweet Life With Grapefruit

(NAPSA)—Clustered in bunches of up to 20 on 20-foot trees, grapefruits are a sight to behold. The fruit was once seen as inedible, because of its bitterness; now we know that not only are grapefruits sweet and delicious, but they have important health benefits as well.

For example, a substance found in grapefruit called D-limonene prevents the formation of carcinogens in the body, blocks cancer-causing substances from reaching or reacting with sensitive body tissue and keeps healthy cells from turning malignant.

In addition, it significantly improves the body's ability to absorb iron, and its high vitamin C content means grapefruit could help wounds heal faster.

Grapefruit, like other citrus, grows in a variety of locations all over the world, but perhaps some of the best citrus products are grown in Texas. The first commercial shipment of Texas citrus was packed in onion crates and sent out of the Lower Rio Grande Valley of South Texas in 1920. Not long after that, an accidental discovery of red grapefruit growing on a pink grapefruit tree gave rise to the Texas Red Grapefruit industry, and the Ruby Red Grapefruit, the first grapefruit to be patented in the U.S.

Eventually, Texas eliminated its white and pink varieties, and set out to establish its reputation for growing sweet, red grapefruit, such as the Rio Star.



Grapefruit can be just the thing to sweeten chicken salad.

Blue Cheese Citrus Chicken Salad

Serves 4

- 1 cup blue cheese dressing**
- ¼ cup fresh Texas Rio Star
grapefruit juice**
- 4 cups baby salad greens**
- 2 Texas Rio Star grapefruit,
sectioned**
- 1 Texas orange, sectioned**
- ¼ cup Texas orange juice**
- 4 grilled chicken breasts,
sliced thin**
- ½ cup blue cheese, crumbled**

In a bowl, combine the juices and the salad dressing. Evenly divide the greens on a plate; arrange the chicken and fruit segments on salad. Top with dressing and sprinkle with blue cheese.

For more information on Texas citrus, go to www.texasweet.com. For additional recipes, write to TexaSweat at 901 Business Park Drive, Suite 100, Mission, TX 78572.