



Harvest of the Month

Grapefruit



FUN FACTS:

The Powerhouse of Vitamin C!

They are juicy, tangy, sweet, and maybe even a little tart.

Major producers: United States, Israel, and Cuba.

Originating in Jamaica, the grapefruit is possibly a cross between a pumelo and an orange.

A grapefruit is 75% juice. One medium grapefruit will give you 2/3 of a cup of fresh-squeezed juice.

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Make 2025 Your Best Year

New Year's resolutions may sound cliché, but scientific research has found positive ties with individuals who write down and create an action plan for their goals and resolution success. Make sure you set yourself up for success, don't take the easy road by choosing goals that don't challenge or better you. Reach for goals to improve you or the community. Some examples to make 2025 your best year:

- **Set Positive Resolutions;** Setting a resolution of 'eat an extra serving of vegetables daily' rather than 'never eat sweets again' will prove much more success and happiness without deprivation.
- **De-clutter Your Life;** We have all heard the statement, less is more. Well, the statement does hold some truth. Less visual distractions and better organization help keep your mind clear. But take this one slow, reducing clutter can be a big change in your life.
- **Commit to Your Wellness and Health;** Whether your goal is to increase the amount of physical activity or to quit a harmful habit like smoking, make sure the goal is challenging, obtainable and specific. Vagueness will allow you too much 'wiggle room' which will limit your success before you commit to the goal.
- **Embrace Happiness;** Challenge yourself to look for what is going right in your life every day. This positive habit will help you develop healthy thought patterns and look for good each day.

Make 2025 one of your best years and set a life-long resolution.

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Broiled Grapefruit

6 servings

A delicious and easy way to enjoy grapefruit for breakfast or a snack.

INGREDIENTS:

- 3 large grapefruit, washed, cut in half
- 3 bananas, sliced
- 1 tsp honey
- 1 tsp cinnamon
- 1 tsp ginger

NUTRITION SNAPSHOT: Half grapefruit serving size, 108 calories, 0 g total fat, 0 g sat fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 28 g carbohydrate, 4 g fiber, 16 g sugar, 0 g added sugar, 1.5 g protein

HARVEST OF THE MONTH RECIPE - JANUARY

- Grapefruit -



1. Prepare oven for broiling. Position oven rack on top.
2. Cut grapefruits in half. Using a small, serrated knife or grapefruit knife, loosen the grapefruit sections from the membrane. Place the grapefruit halves on a baking sheet or shallow baking pan, sprayed with food release.
3. Drizzle grapefruit halves with honey. Place banana slices on top and flip once to coat both sides with honey. Dust with ground ginger and cinnamon.
4. Place under broiler until bubbling and slightly browned in spots, about 4 to 6 minutes. Keep an eye on it while broiling to avoid burning.
5. Serve warm.

