



TRY THIS: KIWI FRUIT

Did you know: one of these green gems packs a lot of nutrition in a fuzzy package, ringing in around only 55 calories per serving, a boatload of vitamin C, and more potassium than a banana. All is surprisingly edible (and delicious), from its juicy vibrant green inside with tiny black seeds to its fuzzy peel.

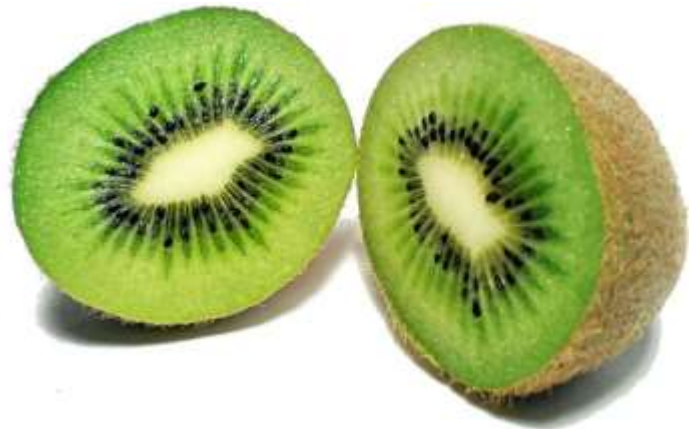
How to:

Pick it: A ripe and ready kiwi will be slightly yielding to the touch. Look for ones without blemishes.

Store it: Store at room temperature to ripen. To speed up the process place in a paper bag with an apple. Once ripe, refrigerate for up to a week.

Use it: One of the easiest ways to enjoy a kiwi is to rinse with water, slice in half and scoop out the green flesh (don't forget you CAN eat the skin too for maximum fiber and nutrition!)

When it's in season: California kiwis are primarily harvested November to May, but kiwis can be found at a reasonable price on most grocery produce shelves year round!



FRUIT SALSA AND CINNAMON CHIPS

Servings: 8

Ingredients:

- 2 c. diced strawberries
- 2 kiwi, peeled and diced
- 2 apples, cored and diced
- 2 banana, sliced
- 4 tbsp. lemon juice
- 1/3 c. sugar
- 1/4 tsp. nutmeg
- 1 tsp. cinnamon
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Directions:

1. Wash all fruits and cut them up.
2. Combine cut fruit and lemon juice in a medium mixing bowl.
3. Mix in sugar, nutmeg and cinnamon.
4. Refrigerate until ready to serve.
5. Serve with Cinnamon Pita Chips or Cinnamon Graham Crackers!

FRENCH TOAST KIWIFRUIT

Servings: 2-3

Ingredients:

- 3 ripe, peeled, sliced kiwis
- 2 eggs, slightly beaten
- 1 tbsp. low fat milk
- 1/2 tsp. cinnamon
- 1/2 tsp. vanilla extract
- 4-6 slices whole wheat bread
- 2-3 tbsp. vegetable oil
- Garnish: powdered sugar

Directions:

1. Combine eggs, milk, cinnamon and vanilla in a bowl.
2. Dip bread slices into mixture and coat both sides.
3. Heat oil over medium high heat in a skillet.
4. Place bread slices on hot skillet, turning over once. Toast is cooked once it turns a golden brown on each side.
5. Remove from skillet and top with kiwi slices and sprinkle with powdered sugar.

Recipe adapted from www.kiwifruit.org