

The Very Lovable Grapefruit

“SKINNY CHEF” JENNIFER ISERLOH DIVULGES WHY THIS FANTASTIC FRUIT IS SO SWEET FOR YOUR HEART

Florida’s super fruit—grapefruit can add some serious sparks to your Valentine’s Day. That’s because this citrus star is full of antioxidants like vitamin C that may help support heart health. Plus, at 90 calories a cup and with zero fat, Florida grapefruit juice can help you maintain a healthy weight which can help to lower your risk for heart disease. Bottom line, Florida grapefruit is oh so easy to love.



MEET SKINNY CHEF JENNIFER ISERLOH

Jen, a private chef and recipe developer for families and celebrities, has a special place in her palate and expertise for foods that can help you be beautiful inside and out. She’s battled the bulge herself and makes it a way of life to share her skinny hints, tips and recipes with people who want to live a healthier life and lifestyle.

See more of Jennifer’s grapefruit recipes and insights at GoFloridaGrapefruit.com and at SkinnyChef.com.

BE ALL HEART THIS VALENTINE’S DAY:

RED LETTER DAY

Take care of your heart so that it’s ready for love’s big day with ruby red Florida grapefruit. It’s a fat-, sodium- and cholesterol-free treat that fits into a heart-healthy diet. Plus, Florida grapefruit contains the soluble fiber pectin that may help to maintain healthy cholesterol levels. And Cupid isn’t the only one who loves this month, February is National Grapefruit Month. Celebrate with this romantic and citrusy recipe.

HEART-SMART CITRUS FRENCH TOAST

INGREDIENTS

Topping

- 1 cup non-fat, plain yogurt
- 1 teaspoon almond extract
- 2 tablespoons confectioner’s sugar

French Toast

- 1 loaf whole-wheat sandwich bread
- 3 egg whites
- 1 egg
- 1 cup non-fat, skim milk
- Zest of 1 pink Florida grapefruit
- 1 cup pink Florida grapefruit juice
- 3 tablespoons granulated sugar
- 2 tablespoons orange-flavored liqueur (optional)
- ½ teaspoon almond extract
- ½ teaspoon ground cinnamon
- 4 teaspoons trans-fat free, low-fat margarine
- 4 teaspoons canola oil
- 1¼ cup slivered almonds
- 1 pint fresh raspberries
- 1 cup of pink Florida grapefruit sections

PREPARATION

For topping:

In a small bowl beat the yogurt with the extract and sugar until smooth. Refrigerate until ready to use.

For French toast:

In a large shallow dish, whisk the egg whites, egg, milk, Florida grapefruit zest, juice, sugar, orange liqueur (if using), almond extract, and cinnamon. Soak the bread slices for about 30 seconds per side.

Heat 2 large skillet over medium heat. Add 1 teaspoon of the margarine with 1 teaspoon of the oil. When the margarine foams, add some of the soaked bread slices, taking care not to crowd them. Sprinkle the tops with 1½ tablespoons of the almonds. Cook on the first side until lightly browned, 3 to 5 minutes. Turn the slices over and cook them for a few minutes more until the almonds are golden brown. If the almonds begin to burn, reduce the heat.

Turn off the heat. Using a metal spatula, transfer the French toast to serving plates, place in the oven at 200°F. Repeat with the remaining slices. Serve immediately, with the yogurt topping, fresh berries and Florida grapefruit sections.

Makes 10 Slices.

Florida
GRAPEFRUIT

GoFloridaGrapefruit.com