

Grapefruit Juice Glazed Chicken

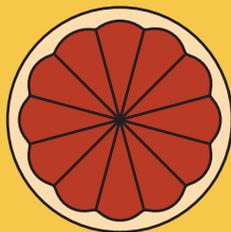
- Cooking Spray or vegetable oil
- 4 boneless skinless chicken breast halves
- Salt and fresh ground pepper
- ½ cup grapefruit juice
- 2 tbsp. honey
- 2 tsp. Dijon mustard
- 1 tsp. dried thyme
- ½ cup minced white onion
- 2 cloves garlic, minced
- 2 tbsps. chopped fresh parsley

Directions:

- 1) Preheat oven 375° F. Coat a shallow roasting pan with cooking spray or vegetable oil.
- 2) Season both sides of chicken with salt and pepper, place in prepared pan. Set aside.
- 3) In medium bowl, whisk together grapefruit juice, honey, mustard, thyme, onion and garlic. Spoon mixture over chicken and let marinate for 30 min.
- 4) Bake mixture for 30 minutes, until chicken is cooked through. Top chicken with parsley before serving.

"I am a grateful... grapefruit."

- Björk



Desserts + Snacks

Grapefruit Juice Smoothie

- 1½ cups grapefruit juice
- 8 large strawberries
- 2 medium ripe bananas, sliced
- 1 (8 oz.) container strawberry-banana yogurt (or other flavor)
- 2 tbsp. honey
- 1 cup crushed ice

Directions:

Place ingredients in blender, cover and blend until smooth (Note: if fruit is frozen, omit ice).

Grapefruit Juice Granita

- 2 ½ cups grapefruit juice, at room temperature
- 1 cup boiling water
- 1/3 cup sugar
- Mint sprigs, for garnish (optional)

Directions:

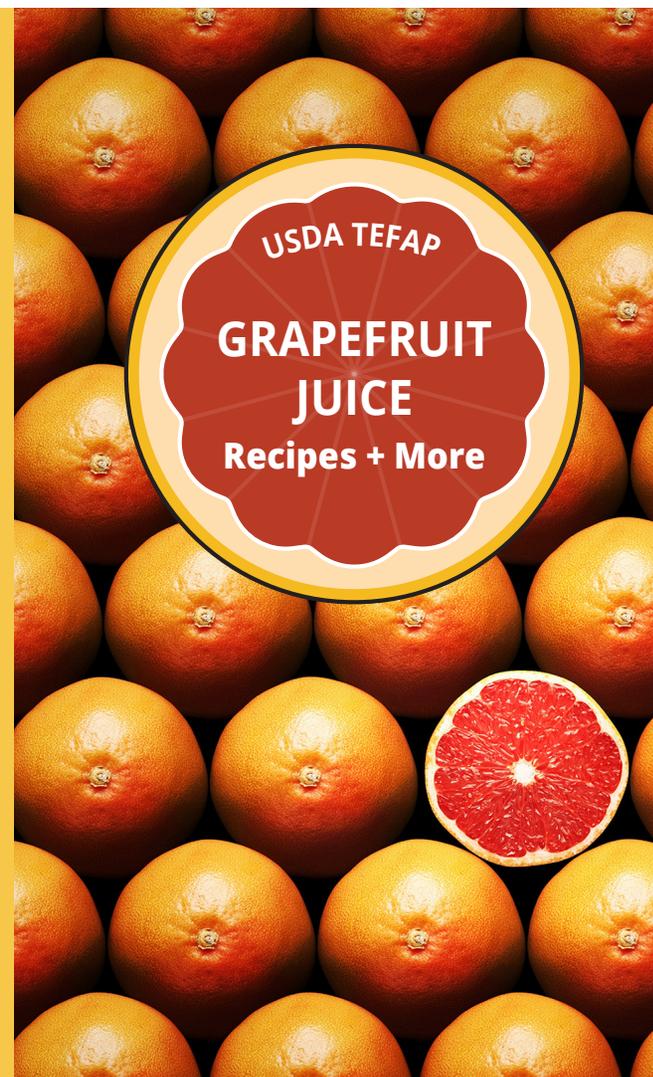
- 1) Combine juice, water and sugar in bowl and whisk until the sugar has dissolved. Pour liquid into a 13 by 9-inch baking pan, place in freezer.
- 2) Stir well every hour to break up and mix in the ice crystals that form. Do this 3-4 times until you have a slushy consistency.
- 3) Cover and let freeze solid. Scrape with fork and serve in chilled cups or bowls.
- 4) Garnish with fresh mint leaves (optional)

**Washington State Department of Agriculture
Food Safety and Consumer Services Division
Food Assistance Programs**

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Grapefruit Juice

Healthy + Delicious!

Delicious on its own, grapefruit juice also serves as the perfect healthy complement to other foods by adding an exciting, tasty flavor to everyday dishes.

NUTRITION FACTS

Serving size: 1/2 cup (4 oz.) grapefruit juice, unsweetened

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

| | |
|------------------------|---------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0g | 0% |
| Sodium 0g | 0% |
| Total Carbohydrate 11g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 11g | |
| Protein 1g | |
| | |
| Vitamin A 0% | Vitamin C 60% |
| Calcium 0% | Iron 2% |

*Percent Daily Values are based on a 2,000 calorie diet



“Life is like a grapefruit. Well, it’s sort of orangey-yellow and dimpled on the outside, wet and squidgy in the middle. It’s got some pips inside, too. Oh, and some people have half a one for breakfast.”

-Douglas Adams

Grapefruit Juice Alternate Uses

Such as:

- Desserts
- Gelatin
- Ice cubes
- Marinades
- Popsicles
- Salad dressings
- Sorbet
- Smoothies



Grapefruit Juice Recipes

Grapefruit juice is rich in vitamin C and its sweet, tart flavor provides a great start to the day. Varieties include pink, ruby red and white grapefruit. Each varietal has a slightly unique and wonderful taste all its own.

While everyone knows that grapefruit juice is great alone, it can also be used to add an interesting twist to almost any recipe. Here are a few fun and exciting recipes that showcase the wonderful taste of grapefruit juice.

Grapefruit Juice Marinade

- 2 lbs. of meat (steak, chicken or pork)
 - 2/3 cup grapefruit juice
 - 1 tbsp. brown sugar
 - 1 tsp. fresh grated ginger
 - 1 tbsp. olive oil or butter
 - 6 oz. mushrooms, thickly sliced (2 cups)
 - 2 tbsp. soy sauce
 - 1 large clove garlic, minced
 - Freshly cracked pepper
 - 1 tbsp. cold butter
- 1) Place meat in 1 gallon zip type plastic bag with grapefruit juice, soy sauce, brown sugar and ginger. Seal bag and marinate for 1 hr or longer turning occasionally.
 - 2) Sauté mushrooms in large pan (on med/high) with olive oil and garlic until mushrooms lightly brown and remove from pan into separate bowl.
 - 3) Remove meat from marinade and pour marinade into pan. Place meat on grill or in separate pan and cook on each side to desired doneness (cook pork and chicken thoroughly).
 - 4) Meanwhile, bring marinate in pan to boil and reduce liquid by 1/3. Return mushrooms to pan and heat through. Just before serving, stir in cold butter into mushroom mixture.

Top meat with mushroom mixture and season with salt and pepper. Serve with mashed potatoes.

Grapefruit Juice + Your Medication

Grapefruit juice is a healthy and nutritious source of vitamins and a great way to start the day. However, some medications do not interact well with grapefruit juice and may produce adverse side effects.

Please consult your health care professional about potential problems with any of your medications prior to consuming grapefruit juice.