

Taste Test

GRAPEFRUIT AVOCADO SALSA

- 1 large grapefruit, peeled and sectioned
- 1 avocado, diced
- ½ cucumber, diced
- ⅓ cup red onion, diced
- 1 small jalapeno, seeded and diced (optional)
- Juice of 1 lime
- ¼ cup cilantro leaves, chopped
- ¼ tsp. cumin
- ½ tsp. sea salt

INSTRUCTIONS

1. Use a large knife to cut the peel away from the grapefruit. Then use a paring knife to cut the sections from the membranes.
2. Place grapefruit sections in a medium bowl along with remaining ingredients.
3. Gently stir to combine. Serve immediately with your favorite tortilla chips or store in a covered container in the fridge for up to 2 days

Recipe Source: Simply Nourished Recipes

Seasonal Spoonful

October 2017



TEXAS RED GRAPEFRUIT

What is it?

Grapefruit is a citrus fruit that grows best in the hot, sunny weather that is commonly seen in Texas. It is in season from October-May.

What Does it Taste Like?

Grapefruit tastes both sour and sweet and many people enjoy it with honey and other sweet fruits.

FAST FACTS

Grapefruit grows in bunches, like grapes. That's where it gets its name!



HIGH IN



Vitamin C
Vitamin A
Fiber

STATE
FRUIT
OF
TEXAS



Kids in the Kitchen

You can cook too! Help your parents in the kitchen with this recipe by:

- ★ Helping to pick out the grapefruit and avocado at the store
- ★ Measuring out and adding the salt and cumin
- ★ Helping to juice the lime