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Attention News/Assignment/Health/Food & Lifestyle Editors:

Tickled pink for seasonal citrus

TORONTO, ON – (Feb 3, 2010) – The colder temperatures and shorter days means winter has arrived. In the midst of the winter blues it's easy to forget all the seasonal options, but just look to your neighbourhood grocery aisle for a fresh reminder. The bounty available in colder months brings sunshine to shorter, darker days. After the holidays, managing food cost is on everyone's minds and being creative in the kitchen can be a challenge. Eating fruits and vegetables in season is not only delicious, it's also cost effective.

Winter months are when fruits and vegetables like grapefruit, avocados and sweet potatoes take centre stage. Introduce refreshing and healthy alternatives and break repetitive eating habits.

"Too often Canadians forget that the winter also has wonderful, seasonal options," says Lydia Knorr, MHS, a Registered Dietitian with the Florida Department of Citrus. "Our immune systems need an extra boost during this time of year. Eating foods that contain fibre, vitamin C and phytonutrients, like the Florida grapefruit, ensures we can remain healthy through the cold winter months."

Eating seasonally has never been easier with all the options available. Instead of spending extra on out-of-season produce, take advantage of seasonal citrus. Florida grapefruit is picked at perfection; so choose one that is firm, yet supple. And the heavier they are the juicier they will be. Twist up weekday meals and combine Florida grapefruit with wild salmon for an antioxidant-rich super meal.

Teriyaki Salmon Skewers with Grapefruit

1 large Pink grapefruit
1 cup 100% Florida grapefruit juice (about 8 ounces)
1/4 cup reduced sodium soy sauce
2 tablespoons tomato paste
2 tablespoons Worcestershire sauce
2 tablespoons brown sugar
2 tablespoons rice wine or apple cider vinegar
2 cloves garlic, minced
1 pound of boneless wild skinless salmon, cut into 1-inch chunks
1/2 pound cherry tomatoes
1 yellow or orange pepper, seeded and cut into 1-inch chunks
1 zucchini, cut into 1/2-inch chunks
1 small red onion, peeled and cut into 1-inch chunks
12 wooden skewers

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Prep time: 30 minutes

Cook time: 30 minutes

Cut the top and bottom off the grapefruit. Place it cut-side down on a cutting board. With a small paring knife, cut along the curve of the grapefruit and remove the peel, exposing the fruit. Turn grapefruit on its side and cut 1-inch slices across the membrane (slices will have a flower-like appearance with the membrane intact). Cut each "flower" in half and set aside.

Pour 1 cup of Florida grapefruit juice into a small saucepan. Add the soy sauce, tomato paste, Worcestershire sauce, brown sugar, vinegar and garlic. Bring to a boil. Reduce to a simmer and cook 15-20 minutes, stirring occasionally until the sauce reduces by half and starts to thicken. Set aside.

Preheat oven to 400°F. Cover two cookie sheets with aluminum foil. Coat the aluminum foil with cooking spray. Thread salmon, tomatoes, peppers, zucchini, onion and grapefruit slices onto the skewers. Drizzle with half the teriyaki sauce and bake 10-12 minutes until the vegetables are soft and the salmon is no longer translucent in the center but still moist. Drizzle with remaining sauce and serve immediately.

For more healthy citrus recipe ideas and information about Florida grapefruit, grapefruit juice and orange juice, visit www.floridacitrus.ca.

About the Florida Department of Citrus (FDOC)

The Florida Department of Citrus (FDOC) is an executive agency of the Florida government charged with the marketing, research and regulation of the Florida citrus industry. Its activities are funded by a tax paid by growers on each box of citrus that moves through commercial channels. A few of the popular varieties of Florida citrus fruit available in Canadian supermarkets are Ruby Red Grapefruit, Flame Grapefruit, and Marsh Grapefruit with 100 per cent pure Florida orange juice and Florida grapefruit juice available all year round.

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