**SEPTEMBER 2016**

**Keep it Fresh!**

Try this month’s fruit and vegetable recipes for healthy options.

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**Fruit of the Month: GRAPEFRUIT**

**Recipe: Pink Grapefruit and Shrimp Salad**

- 3 pink grapefruit
- 1 1/2 lb large shrimp, peeled and deveined
- 2 Tbsp wine vinegar
- 1 1/2 lb baby spinach (about 3 1/2 quarts)
- 2 tsp Dijon mustard
- 1 Tbsp chopped fresh mint
- 1/8 tsp + 1/2 tsp salt
- 1/8 tsp black pepper
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 Tbsp olive oil
- 1/2 cup red onion, thinly sliced
- 1 avocado, pitted, peeled and sliced

**Instructions:**

- With a sharp knife, peel the grapefruit, removing all the bitter white pith. Slice about 3/8 inch thick.
- In a large bowl, whisk together the vinegar, mustard, 1/8 teaspoon salt and 1/8 teaspoon pepper. Drizzle in 3 tablespoons of the oil, whisking to combine. Set aside.
- Season the shrimp with 1/2 teaspoon salt and 1/8 teaspoon pepper. In a large nonstick skillet, heat the remaining 1 tablespoon oil over medium heat. Add the shrimp and cook, turning once, until pink, about 3 minutes per side.
- Add the grapefruit, cooked shrimp, spinach, mint, onion and avocado to the vinaigrette in the large bowl. Toss well. Serve immediately.

Yield: 6 servings (Serving Size: 2 cups spinach plus 1/4 lb shrimp)

1 serving equals 306 calories, 14g fat, 2g saturated fat, 172mg Cholesterol, 347mg sodium, 8g carbohydrates, 6g fiber, and 27g protein

**Vegetable of the Month: ZUCCHINI**

**Recipe: Zucchini Bread**

- 1 cup all-purpose flour
- 1/4 tsp salt
- 1 cup whole wheat flour
- 1 cup sugar
- 2 tsp ground cinnamon
- 1/2 cup applesauce
- 1 tsp baking soda
- 1/2 cup olive oil
- 1 egg
- 1 1/4 tsp salt
- 2 eggs
- 1 tsp baking powder
- 1/2 cup grated zucchini
- 1/2 cup chopped walnuts, toasted

**Instructions:**

- Preheat oven to 350°. Lightly coat a 9 x 5-inch loaf pan with nonstick cooking spray. Into a medium bowl, sift flours, cinnamon, baking soda, baking powder and salt.
- In a large bowl, beat sugar, applesauce, oil, eggs and vanilla. Mix in zucchini. Add dry ingredients and walnuts and stir well.
- Transfer batter to prepared pan. Bake until tester inserted into center comes out clean, about 1 hour 20 minutes.
- Cool bread in pan on rack for 15 minutes. Cut around bread to loosen. Turn out onto rack and cool completely.

Yield: 14 servings (Serving Size: About 1/2- to 3/4-inch-thick slice)

1 serving equals 249 calories, 12g fat, 1g saturated fat, 26mg Cholesterol, 12mg sodium, 31g carbohydrates, 2g fiber, and 4g protein
Grapefruit Facts:
1. Grapefruit juice is used for high cholesterol, hardening of the arteries (atherosclerosis), cancer, a skin disease called psoriasis, and for weight loss and obesity.
2. Grapefruit is also used as an ear or nasal rinse for preventing and treating infections; as a gargle for sore throats; and a dental rinse for preventing gingivitis and promoting healthy gums; and as a breath freshener.
3. Grapefruit is a source of vitamin C, fiber, potassium, pectin, and other nutrients. Some components might have antioxidant effects that might help protect cells from damage or reduce cholesterol.

Zucchini Facts:
1. Zucchini is a type of summer squash and it can range in color from yellow to deep green.
2. Look for zucchini with a slightly prickly, but shiny skin.
3. A cup of chopped zucchini contains 22mg of vitamin C, which is 24% of the recommended daily intake for men and 29% for women.
4. Zucchini can be stored in the refrigerator in a plastic bag for 4-5 days, but do not wash it until you are ready to use it. Cooked zucchini can be stored for 2 days in the refrigerator.

TRY JUMPING ON A TRAMPOLINE FOR EXERCISE
In just 30 minutes, you can burn 160 calories by jumping on a mini-trampoline. It’s a low-impact exercise, too. See basic trampoline techniques below:

Basic Trampoline Bounce
The basic bounce may seem simple, but it burns a lot of calories and also tones your quads, glutes, and calf muscles.
• Stand on the mini trampoline with your feet about 6 inches apart.
• Bend your arms, keeping your elbows at your sides.
• With a slight bend in your knees, lightly bounce up and down. Your feet should come about 6 inches off the trampoline.

Trampoline Prances
This move helps to increase your heart rate and is an overall great workout.
• Stand on the mini trampoline with your feet 6 inches apart.
• With your hands on your hips and knees slightly bent, bounce on the balls of your feet, and alternate raising your right and left knees to hip level (mimicking the “knees up” running-in-place exercise from gym class).
• Repeat 60 times (30 lifts per leg).