

Grapefruit



CHOOSING

Fruit should feel heavy for its size and have taut skin. Pink to red varieties tend to be the sweetest, but low-acid hybrids like Oroblanco and Melogold can be sweet too.

make it tonight

Southeast Asian grapefruit and shrimp salad

SERVES 4 | 30 MINUTES

- ¼ cup lime juice
- 2 tbsp. Thai or Vietnamese fish sauce
- 2 tbsp. each chopped cilantro and chopped fresh mint leaves
- 1 tbsp. minced fresh ginger
- 1 lb. large (26 to 30 per lb.) peeled, deveined cooked shrimp
- 2½ cups pink or ruby grapefruit segments (from 2½ lbs. fruit; see "Segmenting"), plus their juice
- About 1 tsp. sambal badjak* or ¼ tsp. cayenne
- 2 cups lightly packed watercress sprigs

1. **Combine** lime juice, fish sauce, cilantro, mint, and ginger in a large bowl.
2. **Split** shrimp in half lengthwise, then add to bowl and gently toss with dressing to coat.

3. **Spoon** grapefruit segments into a wide, shallow serving bowl, using a slotted spoon. Pour ¼ cup grapefruit juice into bowl with shrimp. Add sambal to taste, gently mixing to combine (save remaining grapefruit juice for another use).

4. **Spoon** shrimp and dressing onto fruit. Add watercress and gently toss.

*Find sambal badjak, a sweet-spicy Indonesian condiment, in the international foods aisle.

PER SERVING 377 CAL., 7.3% (13 CAL.) FROM FAT; 26 G PROTEIN; 1.4 G FAT (0.4 G SAT.); 16 G CARBO (1 G FIBER); 967 MG SODIUM; 223 MG CHOL.



STORING

Chill whole fruit in the crisper up to 3 weeks. Chill segments up to 2 days and juice up to 1 week; freeze zest up to 1 month.

SEGMENTING

With a serrated knife, cut peel and outer membrane from grapefruit. Cut between inner membranes and fruit to release segments.

+ 3 more ways

RUB glass rims with grapefruit juice, then dip in Hawaiian red salt or kosher salt. Fill glasses with ice and equal parts grapefruit juice and sparkling water.

TOSS cooked cracked wheat with a grapefruit juice-olive oil dressing, plenty of grapefruit segments, and chopped parsley.

SPRINKLE grapefruit halves with sugar flavored with ground cardamom, and broil until bubbly. ■