How to eat:

- Kiwifruit are great to eat as is, just peel and slice to enjoy!
- Served sliced kiwifruit and strawberries, their flavors are complementary.
- Kiwi is great added to a green salad or added to a Mediterranean couscous salad. Click here for a recipe.

Kiwifruit are packed with more vitamin C than the equivalent amount of orange. Kiwifruit are packed with vitamins and minerals as well as phytonutrients that promote your health. The vitamin C is a known antioxidant that helps to protect against inflammation and cancer.

One cup of sliced kiwifruit is just 110 calories, 5 g of fiber and 561 mg of potassium.

When purchasing kiwifruits, choose those that give slightly when lightly squeezed. Don’t get any that are too soft, shriveled or are bruised. When adding kiwi to a fruit salad, do it last minute before serving. Enzymes in the fruit as a food tenderizer, which can make your fruit soggy.

Chia Pudding with Kiwi
Makes: 2 servings

Ingredients:
- 1 cup almond milk
- 1/4 cup chia seeds
- 1/4 tsp vanilla extract
- 2 kiwis

Directions:
1. Divide the chia seeds into two bowls/jars/glasses.
2. Mix the almond milk, some kiwi diced and the vanilla extract, then pour half of it over each chia seed bowl and mix.
3. Place in the fridge for at least 30 minutes, then mix well with a spoon to ensure that all chia seeds are covered with milk. Leave in the fridge overnight.
4. Top with chopped kiwi and serve.

Nutrition Facts:
202 calories, 6g protein, 24g carbohydrates, 12g fiber, 7g sugar, 10g fat, 1g saturated fat, 2g monounsaturated fat, 93mg sodium.
For questions, please contact Nicole Vargas, MPH, RD at nicole.vargas@ucr.edu or 951-827-5082

Veggie of the Month: Artichoke

February 2018

How to eat:

• Artichokes are great steamed. To eat, pull off outer petals one at a time. Dip the base of the petal in to a sauce or melted butter; pull through teeth to remove soft, portion of the petal. Once all petals are removed, spoon out the fuzzy center at base and discard. The bottom, or heart, is entirely edible. Cut into smaller pieces and dip into sauce to enjoy.

• Canned/jarred artichoke hearts in water are a great addition to pizza, eggs, on a salad, in pasta, etc.

Artichokes are an excellent source of fiber. One medium artichoke has just 54 calories, 10 grams of fiber and 3 grams of protein. Artichokes are surprisingly super rich in antioxidants, even more than broccoli and spinach. They contain a phytonutrient called Cynarin that has been studied for its potential to lower cholesterol and lower risk of gallstones. When buying an artichoke, look for one whose petals are tightly closed, especially at the top. Keep your artichoke refrigerated in a loose fitting paper or mesh produce bag to minimize moisture. Use within three to five days of purchase, the sooner the better/fresher.

Roasted artichoke and asparagus

Makes: 8 servings

Ingredients:
20 baby artichokes
5 thin slices of lemon
1 tbsp. olive oil
1 pound asparagus
2 tbsp. flat leaf parsley
1 tbsp. fresh lemon juice
1/2 tsp. kosher salt
1/2 tsp. ground black pepper
1 tbsp. pine nuts, toasted

Directions:
Preheat oven to 450 degrees F. Cut off the top third of each artichoke. Trim stem to within 1 inch of base; peel stem. Remove bottom leaves and outer leaves, leaving the more tender leaves. Cut each artichoke in half length wise. Place artichokes, lemon slices and 1/2 tbsp. of olive oil in a bowl and toss to coat. Arrange mixture in a single layer on a baking sheet. Roast at 450 degrees for 15 minutes. Toss asparagus with remaining oil and add to artichoke mixture to roast for an additional 10 minutes. Place roasted veggies in a large bowl and add lemon juice, parsley, salt, pepper and pine nuts.

Nutrition Facts:
127 calories, 6g protein, 24g carbohydrate, 13g fiber, 6g sugar, 2g fat, 0g saturated fat, 0mg cholesterol, 223mg sodium.