

Wonderful Sweet Scarletts Tropical Grapefruit Salad

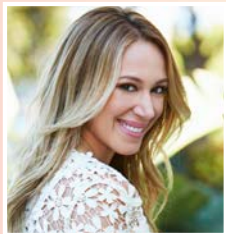
- 1 **Wonderful Sweet Scarletts Grapefruit**, segmented
- 2-3 cups of butter lettuce
- 2 sprigs of Italian flat-leaf parsley
- 1-2 tablespoons of coconut, freshly grated
- 2 tablespoons Wonderful Almonds, sliced
- 1 avocado, cubed
- ½ mango, cubed
- 1 cup cooked quinoa
- Handful of blueberries
- Handful of edamame, peeled



Tropical Dressing:

- ¼ cup juice from a **Wonderful Sweet Scarletts Grapefruit**
- ¼ cup pineapple juice
- ¼ cup olive oil
- 1 teaspoon agave
- Pinch of sea salt & black pepper

1. Rinse & cook quinoa according to package directions, and let cool.
2. Assemble all ingredients in a salad bowl and toss.



Recipe from actress, author, and host of *The Real Girl's Kitchen* on Cooking Channel, Haylie Duff.

SWEET
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Wonderful Sweet Scarletts Grapefruit Brulée & Sweet Ricotta

Ricotta cream:

- 1 cup ricotta
- 1 cup mascarpone cheese
- 3 tablespoons confectioner's sugar
- 1 teaspoon vanilla extract
- 1 tablespoon lemon juice
- Pinch of lemon zest
- Pinch of sea salt

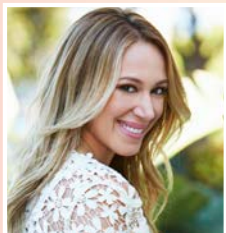


Wonderful Sweet Scarletts

Grapefruit Brulée:

- 5 Wonderful Sweet Scarletts Grapefruit segments
- ½ cup brown sugar
- ½ cup Wonderful Pistachios, shelled

1. Combine Ricotta cream ingredients in a small bowl and chill for 30 minutes.
2. Using a food processor, pulverize shelled pistachios.
3. Using a culinary torch or oven broiler, melt the brown sugar across the Wonderful Sweet Scarletts Grapefruit wedges.
4. Arrange sweet cream, grapefruits and garnish with pistachio dust.
5. Drizzle with honey or agave, if desired.



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Wonderful Sweet Scarletts Grapefruit BBQ Chicken Skewers

Chicken Skewers:

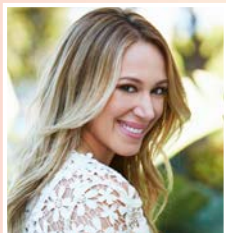
Wooden or Metal Skewers
3 boneless, skinless chicken breasts
Handful of cilantro
Pinch of sea salt & black pepper

Wonderful Sweet Scarletts

Grapefruit BBQ Sauce:

- 1 **Wonderful Sweet Scarletts Grapefruit**, juiced
Pinch of grapefruit zest
- ¼ cup ketchup
- 1 heaping tablespoon Dijon mustard
- 1 heaping tablespoon brown sugar
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 tablespoon olive oil
- 2 tablespoons Worcestershire sauce
- 2 tablespoons scallions or chives, chopped

1. Dice chicken into 1 inch pieces.
2. Slide on to skewers and season with sea salt and black pepper.
3. Grill until chicken is done, or no longer pink in the center.
4. Baste Wonderful Sweet Scarletts Grapefruit BBQ sauce across each skewer and garnish with cilantro.
5. Garnish with additional Wonderful Sweet Scarletts Grapefruit wedges (optional).



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Roasted Veggie Salad with Wonderful Sweet Scarletts Grapefruit-Miso Vinaigrette

Ricotta cream:

- 1 bunch of flat-leaf kale
- 2 cups brussels sprouts
- ½ cup POM Wonderful pomegranate arils
- 1 cup butternut squash
- 1 turnip
- 1 rutabaga

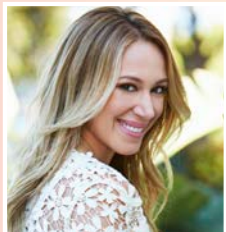


Wonderful Sweet Scarletts Grapefruit-Miso Vinaigrette:

¼ cup juice from a **Wonderful Sweet Scarletts Grapefruit**

- 1 tablespoon white miso
- ½ cup tahini
- 2 tablespoons lemon juice
- Pinch of lemon zest
- ⅛ cup filtered water
- 1 garlic clove, grated
- ½ teaspoon sea salt
- 1 tablespoon olive oil

1. Preheat oven to 375° and roast all veggies for 25 minutes.
2. Massage kale with a small splash of olive oil, and arrange warm veggies across the top of the kale.
3. Pulse vinaigrette ingredients in a food processor until combined.
4. Drizzle Grapefruit-Miso Vinaigrette across the warm veggies.
5. Garnish with additional Wonderful Sweet Scarletts Grapefruit wedges (optional).



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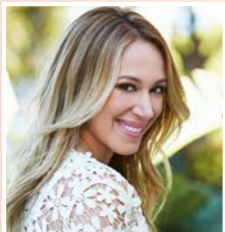
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Wonderful Sweet Scarletts Grapefruit and Red Snapper Ceviche

- 1 pound skinless red snapper fillets, diced ¼ inch thick
- 1 avocado, cubed
- 10 **Wonderful Sweet Scarletts Grapefruit** segments
- ¾ cup fresh lime juice
- 1 cup Wonderful Sweet Scarletts grapefruit juice
- 1 jalapeño, seeded and minced
- 1 garlic clove, grated
- 1 handful cilantro, chopped
- 1 tablespoon extra-virgin olive oil
- Pinch of pink peppercorn
- Pinch of cayenne pepper
- Pinch of sea salt
- Splash of soy or ponzu sauce



1. Combine all ingredients in a mixing bowl and chill for 30 minutes.
2. Serve with tortilla chips or jicama slices.



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