



# Pizzazz on a Plate

## Jazz up recipes with flavorful nutrition

### FAMILY FEATURES

If you're hungering for something new to eat, or it's time to put some zip into the same old menus, take heart. These recipes bring two great ingredients together — Texas Rio Star Grapefruit and USA peanuts — perking up meal time with fresh and flavorful dishes.

Texas Rio Star grapefruit brings a mouthwatering burst of sun-kissed sweetness — the perfect fruit for brightening up winter days. With so many nutrients squeezed into such a versatile fruit, it adds plenty of zing to healthy eating.

Peanuts have a familiar taste that's a favorite with kids and adults alike. When combined with new and different ingredients, this nutrient-packed addition makes new foods and flavors a family hit.

Want to add pizzazz to your plate? Find more delicious recipes and nutrition information at [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org) and [www.texasweet.com](http://www.texasweet.com).

### Good and good for you

Peanuts are a superfood — with more than 30 essential nutrients. They're a surprising source of:

- Protein — with 7 grams per one-ounce serving, peanuts have the most protein of any nut.
- Niacin, folate, fiber, magnesium, vitamin E, manganese and phosphorus.
- More antioxidants than green tea, broccoli or spinach.

Rio Star grapefruit delivers a burst of nutrition with one-half of a medium-sized grapefruit delivering:

- One fruit serving for adults, antioxidant vitamins C and A, fiber and lycopene — all with only 60 calories.
- 100% of the daily requirement of vitamin C for adults. Vitamin C supports healthy immune function, which helps the body fight infection.

### Grapefruit and Peanut Salad Flatbread

Prep time: 20 minutes  
Cook time: 8 to 10 minutes  
Makes 8 servings

- 1 pound whole wheat pizza dough (or ready-made whole wheat lavash, naan, or flatbread)
- Flour for dusting
- Olive oil cooking spray
- 8 ounces fresh mozzarella cheese, sliced thin
- 1 tablespoon extra virgin olive oil
- 1 teaspoon aged balsamic vinegar
- 3 cups baby arugula
- 1/4 cup red onion, sliced thin
- 1/4 cup snipped fresh basil
- 1/8 teaspoon sea salt
- Freshly ground pepper to taste
- 2 Texas Rio Star grapefruit, peeled and segmented
- 1/4 cup roasted, salted peanuts, coarsely chopped

Preheat oven to 450°F and line 2 baking sheets with parchment paper. If using pizza dough, divide into 2 equal portions and roll each into a thin oval on a lightly floured board (about 9 x 13 inches). Place on prepared baking sheets and spray with cooking spray. Top with equal amounts of cheese and bake for 8 to 10 minutes or until crusts are golden brown.

In large bowl, whisk together olive oil and balsamic vinegar; add arugula, onion, and basil, tossing gently to coat. Season with salt and pepper.

Divide arugula mixture among flatbread and top with grapefruit segments and peanuts; serve immediately.

**Nutritional analysis per serving:** Calories: 280, Fat: 13g, Saturated Fat: 4.5g, Cholesterol: 20mg, Sodium: 420mg, Carbohydrates: 33g, Fiber: 2g, Sugar: 3g, Protein: 12g, Vitamin A: 15%, Vitamin C: 45%, Calcium: 20%, Iron: 10%



### Crunchy Peanut Chicken Strips with Spinach Salad

Prep time: 15 minutes  
Cook time: about 30 minutes  
Makes 4 to 6 servings

- 1 cup finely crushed baked tortilla chips
- 6 tablespoons peanut flour, divided (available at supermarkets nationwide and online)
- 1/4 cup roasted, unsalted peanuts, finely chopped
- 1 teaspoon Mexican seasoning blend
- 3/4 teaspoon garlic powder
- 1 pound chicken tenders, or boneless, skinless chicken breasts cut into 1-inch strips
- 2 beaten egg whites
- Olive oil nonstick cooking spray

#### Peanut Dressing:

- 2 tablespoons creamy peanut butter
- 2 tablespoons rice wine vinegar
- 1 tablespoon soy sauce
- 2 teaspoons toasted sesame oil
- 1 teaspoon hot chili sauce (such as Sriracha)
- 1 teaspoon honey
- 1/4 cup canola or vegetable oil

#### Salad:

- 5 cups baby spinach, washed and dried
- 1 red bell pepper, sliced thin
- 1/2 medium red onion, sliced thin

Preheat oven to 425°F. Stir together tortilla chips, 2 tablespoons peanut flour, chopped peanuts, Mexican seasoning and garlic powder in a shallow dish.

Dip chicken into remaining peanut flour, then in egg whites, then into tortilla chip mixture, pressing to evenly coat. Place on a baking sheet and sprinkle any remaining crumb mixture over chicken. Coat liberally with cooking spray and bake for 20 to 25 minutes or until chicken is golden brown, coating with nonstick cooking spray several times during cooking.

While chicken is cooking, in large bowl, whisk together all dressing ingredients until smooth. Gently toss spinach, red pepper and onion in dressing. To serve, divide dressed salad among plates and top with 2 to 3 chicken strips.

**Nutritional analysis per serving:** Calories: 500, Fat: 32g, Saturated Fat: 5g, Cholesterol: 30mg, Sodium: 770mg, Carbohydrates: 32g, Fiber: 6g, Sugar: 4g, Protein: 25g, Vitamin A: 25%, Vitamin C: 50%, Calcium: 6%, Iron: 15%



### Fresh Grapefruit, Avocado and Radish Salad

Prep time: 15 minutes  
Makes 8 servings

Make sure all ingredients are chilled before assembling this salad.

- 1 tablespoon freshly squeezed Texas Rio Star grapefruit juice
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon granulated sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 5 radishes, thinly sliced
- 2 tablespoons minced red onion
- 4 Texas Rio Star grapefruit, peeled, and segmented
- 2 large firm but ripe avocados, peeled, pitted and sliced

In medium bowl, whisk together grapefruit juice, olive oil, sugar, salt and pepper. Add radish and onion, toss to coat and set aside. On a large platter, layer grapefruit and avocado slices, top with radish mixture. Serve immediately.

**Nutritional analysis per serving:** Calories: 140, Fat: 9g, Saturated Fat: 1.5g, Cholesterol: 0mg, Sodium: 80mg, Carbohydrates: 17g, Fiber: 5g, Sugar: 1g, Protein: 2g, Vitamin A: 8%, Vitamin C: 90%, Calcium: 2%, Iron: 2%