

# Food For Thought

## Resolve To Renew With The Fresh Taste Of Grapefruit

(NAPSA)—Rediscover the other citrus—the refreshingly healthy grapefruit. A well-balanced diet should embrace variety and incorporate an assortment of healthier food items such as grapefruit.

Sweet, juicy and fresh grapefruit invigorates your taste buds while offering all the health benefits one is looking for. Naturally loaded with the antioxidant vitamin C, grapefruit juice helps boost the immune system during these winter months when colds and flu are at their peak. Lycopene, a powerful antioxidant in pink and red grapefruit juice, may help prevent certain types of cancer, heart disease and stroke.

Setting a goal to add more grapefruit into the diet can be a delicious and easy way to treat your body right from the inside out.

### Ruby-Honey Glazed Grilled Chicken

- $\frac{3}{8}$  cup Ocean Spray® Ruby™ Grapefruit Juice Drink
- $\frac{1}{4}$  cup butter
- $\frac{1}{2}$  cup brown sugar
- 2 tablespoons honey
- $1\frac{1}{2}$  teaspoons red pepper flakes
- 4 boneless, skinless chicken breasts

Combine grapefruit juice drink, butter, brown sugar, honey and red pepper flakes in a medium saucepan. Cook over medium heat, stirring until smooth, 4-6 minutes. Set aside to cool 10 minutes. Arrange chicken breasts in an 11x7x1½-inch baking pan. Pour  $\frac{3}{8}$  cup marinade over chicken just to cover, reserving  $\frac{1}{2}$  cup. Cover pan with plastic wrap. Refrigerate and mari-



inate for 30 minutes. Remove and turn chicken over, allow to marinate another 30 minutes. Divide remaining  $\frac{1}{2}$  cup marinade in half again;  $\frac{1}{4}$  cup will be used for basting and  $\frac{1}{4}$  cup will be used for serving.

Preheat grill. Grill chicken for approximately 4 minutes on each side, basting once or twice per side. Cook until chicken reaches 170° F on an instant-read thermometer. Warm remaining  $\frac{1}{4}$  cup marinade, drizzle over chicken. Makes 4 servings.

### Ruby Citrus Sparkler

- 6 ounces Ocean Spray® Light Ruby™ Grapefruit Juice Drink
- 3 ounces orange juice
- 2 ounces lime-flavored sparkling water

Pour grapefruit juice drink and orange juice into a glass with ice. Top with sparkling water. If desired, garnish with orange or lime slice. Makes 1 serving.

To join the Ocean Spray Cranberry Club and receive monthly cranberry and grapefruit news, recipes and special offers, sign up at [www.oceanspray.com](http://www.oceanspray.com) or call (800) 662-3263.