



Kids In The Kitchen

The Inside Scoop: Dig In To Kiwi Cuisine

(NAPSA)—Here's a fruitful way for you and your kids to have fun together: get cooking and creating in the kitchen with kiwifruit.

Two flavors of kiwi are now available from New Zealand: tropical-sweet gold and tangy-sweet green. Unlike the green, the new gold kiwifruit has a smoother skin and pointed crown on one end. Both offer generous amounts of vitamin C, potassium, fiber and vitamin E.

The best way to enjoy kiwifruit is to cut it in half and scoop out the middle. Kids can dig right in.

When you purchase a kiwi, it should be slightly soft to the touch like a ripe peach or avocado. Ripe kiwifruit may be held at room temperature for about a week. To keep the fruit longer, store it in a plastic bag in the refrigerator.

Here are quick and easy kiwi recipes that are almost as fun to make as they are to eat:

KIWI KEBABS

- 4 each ZESPRI GREEN and GOLD Kiwifruit
- ½ cup yogurt or chocolate sauce

Peel the kiwifruit and cut in half lengthwise. Then cut each half in half again crosswise. Thread about 4 pieces of fruit on eight small wooden skewers. Drizzle with yogurt or chocolate sauce. Can be garnished with mint.

HAM & GOLD BITES

- 2 ZESPRI GOLD Kiwifruit
- 2 oz shaved ham or similar

Peel the kiwifruit and cut in quarters lengthwise. Twist the ham and secure with cocktail sticks.



These clever kiwifruit kebabs are a delight to the eye as well as the palate—and a breeze to put together.

MUSCLE MAKER

- 4 ZESPRI GOLD Kiwifruit
- ½ cup each orange juice and yogurt
- 2-3 teaspoons maple syrup, optional

Peel the kiwifruit and slice into a food processor or blender. Add the orange juice and yogurt. Process, until just puréed. Sweeten with maple syrup if desired. Pour into two glasses and serve. Serves 2.

KIWI TACOS

- 2 taco shells
- 1 large lettuce leaf, shredded (thinly sliced)
- ½ cup (50 g) grated cheese
- 1 tomato, sliced
- 2 ZESPRI GREEN or GOLD Kiwifruit, peeled and sliced
- 2 sprigs parsley or coriander (cilantro).

Preheat the oven to 350°F.



Kids will love the tropical, sweet flavor and smooth skin of the gold kiwifruit. They can just cut, scoop and enjoy.

Place the taco shells on an oven-proof tray and bake for 3-4 minutes, until crisp. Fill with shredded lettuce, cheese, tomato and kiwifruit. Garnish with parsley or coriander. Makes 2.

To learn more about kiwis and get other great recipes, look online at www.zesprikiwi.com.