



Nutrition Tips from Learn To Live

Fruits from Around the World

Create a world of flavors in your kitchen.

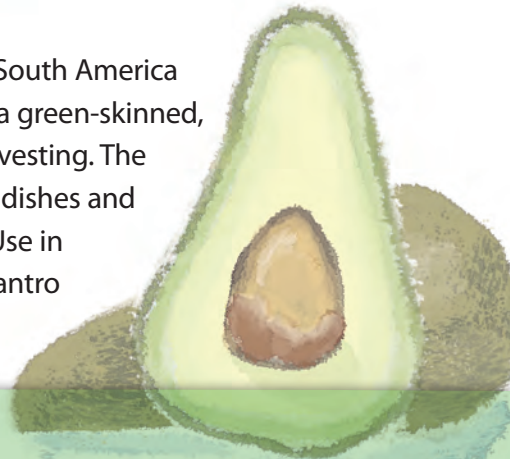
Americans enjoy food from all over the world. But you don't have to travel the globe to experience food from other countries. Adding a few new fruits, vegetables, spices or herbs to your kitchen can help you create flavorful ethnic-inspired dishes right at home. Look for these fruits in your local grocery store and bring a new taste to your table.

Mango

The world's most popular fruit originated from the Indian subcontinent but now flourishes in tropical climates throughout the world. This bean-shaped fruit is characterized by a skin that varies from lime green to rosy red to lemon yellow. The flesh is usually yellow-orange and sweet and juicy when consumed at its peak. Enjoy them alone or in salsas, smoothies and tropical fruit salads.

Avocado

The avocado tree is native to Mexico, South America and Central America, and it produces a green-skinned, pear-shaped fruit that ripens after harvesting. The avocado is very popular in vegetarian dishes and is also used in many Mexican dishes. Use in sandwiches and salads or mix with cilantro and tomatoes for an easy guacamole.



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Anne Arundel County Department of Health

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Persimmon

The persimmon fruit originated in China and is now widespread in Northeast Asia. They are sweet, slightly tart fruits with a soft to occasionally fibrous texture. They are generally light yellow-orange to dark red-orange in color, and depending on the species, vary in size. They are edible in their crisp firm state, but have the best flavor when allowed to rest and soften. They are eaten fresh or dried, raw or cooked and can be used in cookies, cakes, puddings, salads and as a topping for breakfast cereal.



Plantain

Native to the tropical region of Southeast Asia, plantains are a staple food in the tropical regions of the world. Plantains tend to be firmer and lower in sugar content than bananas. Bananas are most often eaten raw, while plantains are usually cooked by steaming, boiling or frying. They are used either when green or under-ripe (and therefore starchy) or overripe (and therefore sweet).

Guava

Native to Latin America and the Caribbean, this fist-sized fruit can be found across the world from Hawaii to Egypt to Pakistan. Although most varieties of guava will have a bright pink interior and a dark green skin, they also can be found to be white in color. This fruit is usually eaten raw by cutting it in half and scooping out the flesh. Guava is also used to make concentrates and jellies.

