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# DRAGON FRUIT

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It's time to shop adventurously!

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## Selecting the Best Dragon Fruit:

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When selecting a dragon fruit, choose one that you know is ripe. You can tell when it's ripe because it will give a little when squeezed, like a ripe avocado or peach.

If it's firm, then it needs a few more days at room temperature to ripen.

## How to Store Dragon Fruit:

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Unripe dragon fruit can sit on the counter until its flesh softens a bit.

When ripe, dragon fruit should be stored in the refrigerator and eaten within a week. Once cut, it should be refrigerated.

What are you waiting for? Be adventurous! Go out on a limb and try something different every now and again.

## Get to Know Dragon Fruit:

Dragon fruit is commercially grown in South and Central America, Southeast Asia, and Israel. Dragon fruit is technically a cactus and peels easily — like a banana. And just like with a banana, you don't eat the skin.

Nutritionally, 3 and ½ ounces of dragon fruit (about ½ of 1 fruit) contains 1 gram of fiber and 9 milligrams of vitamin C. That's about 15% of the amount of vitamin C that's recommended daily for women. Dragon fruit with pink or red flesh is also known its lycopene content. Like many other fruits, dragon fruit is low in calories.

Dragon fruit can be eaten alone, as part of a fruit salad, or juiced.

