

## HEALTHY EATING



# A Tale of Two Kiwis

**Whether it's bright green or soft gold, this delicious fruit is a nutritional powerhouse.**

BY ROSLYN RALPH

It seems that we are routinely presented with new food products to add to our weekly shopping list. The vast majority are variations on a theme; a favourite cookie made “new” by coating it in chocolate, green or purple ketchup, or a cola drink with a hint of vanilla added.

Whether these foods are of great benefit to consumers is a matter for debate. And there is no doubt that the endless list of “new” foods keeps the economy chugging along, as legions of marketing and advertising types remain gainfully employed. But how often is a “new” item on the store shelves really new, and as a bonus, nutritionally beneficial?

A truly new food arrived in GTA grocery stores not so very long ago from New Zealand – gold kiwi fruit. The first gold kiwis were introduced to the world in 1998. How this tasty new fruit made its way into the produce department at the

local store is an interesting tale that begins in the early 1900s when the plant – known as the Chinese gooseberry – was first brought to New Zealand from China. After several years of work, the green kiwi fruit, as we know it today, was developed.

Although New Zealanders were the first to cultivate the kiwi, production of the fruit soon spread to other countries and today Italy, the U.S. and Chile are major exporters.

Green kiwis have a brown, fuzzy, edible skin and bright green flesh. The taste is tangy-sweet and the interior of the fruit is dotted with crunchy black seeds. It first was sold in Canada in the late 1960s and has become a fruit-lovers favourite.

The gold variety of kiwi was hybridized in New Zealand in the early 1990s. It is more oval in shape than the green fruit and has a pointy crown. Its flesh is sweeter and less tangy, with a “tropical” taste and a

Photo: New Zealand Kiwifruit Cookbook by Jan Bilton

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smooth edible skin.

The green variety usually benefits from a day or two of ripening before eating. However, the gold kiwi is more delicate and should be consumed right away.

The really good news about the kiwi, both green and gold, is the punch it packs nutritionally. Despite its size, the mighty kiwi is an excellent source of vitamin C. It is high in vitamin E and contains magnesium, potassium and folic acid. In fact, two kiwis contain more potassium than a banana, more vitamin C than an orange and more fibre than a bowl of bran flakes! As well, it's low in calories and full of antioxidants. Bottom line – it's a great source of nutrition.

Green kiwis are available all year round but the gold variety, grown exclusively in New Zealand, is only in grocery stores from June to November. New Zealand also exports organically produced green and gold kiwis, which are available throughout the summer and early fall.

### Recipes

There are many ways to enjoy the fresh taste of kiwis, but the simplest may just be to eat it like you would a peach. Kiwis are great in salads, salsas, smoothies and as a topping for desserts. Here are three tasty ways to serve kiwis.

#### Warm Balsamic Chicken Salad with Golden Kiwi

This is a delicious lunch or dinner dish.  
Serves 4

##### Ingredients:

- 4 boneless skinless chicken breasts
- 4 gold kiwis
- 3 cups assorted salad greens, washed and dried

##### Marinade

- 2 Tbsp. balsamic vinegar
- 2 garlic cloves, crushed

- 1 Tbsp. olive oil
- 1 Tbsp. brown sugar

##### Dressing

- 2 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil
- 1 tsp. prepared mustard
- 1 tsp. sugar

##### Directions

Combine oil, vinegar, garlic and sugar. Place chicken in a bowl and cover with marinade. Toss gently to coat. Cover bowl and refrigerate chicken for at least 4 hours. Cook chicken on pre-heated grill for 6-8 minutes per side or until done.

While chicken is cooking, combine dressing ingredients and place in saucepan over low heat to warm. Peel and slice kiwis and arrange on serving plates with the greens. Slice chicken and place on the salad. Drizzle with warmed dressing.

#### Kiwi Salsa



This salsa is a fresh accompaniment to any grilled meat or fish.

Makes 1 cup

##### Ingredients

- 2 green kiwis, peeled and diced
- 2 gold kiwis, peeled and diced
- 1 tsp. lime juice
- 1 tsp. hot pepper flakes
- 2 Tbsp. chopped coriander
- salt to taste

**Directions**

Combine all ingredients in a bowl and toss gently. Cover and chill for an hour. Serve with cooked beef, chicken or grilled fish.

**Kiwi Smoothie**

This makes a fast and healthy start to the day or an easy afternoon treat. Serves 2

**Ingredients**

2 large green or gold kiwis, peeled  
1½ cups plain yogurt  
½ cup milk

3 tsp. honey

4 ice cubes

**Directions**

Purée fruit in a blender, taking care not to over-process. Crushed seeds can leave a bitter taste. Strain purée if desired. Combine fruit purée, yogurt, honey and ice and process in blender until smooth. 🌿

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■ *Recipe ideas and photos courtesy of Zespri New Zealand Kiwifruit.*