



A GOLD STAR

# carambola

Carambola is packed with nutrients! It is an excellent source of vitamin C. It also contains fiber, folate and antioxidants. Adding more fruit to your diet can reduce your risk of high blood pressure, heart disease and stroke.

## DID YOU KNOW?



- The carambola is more commonly known as a star fruit because of the shape of the fruit.
- The entire fruit is edible, including the waxy outer skin.
- Carambola can be used in salads, sorbets and drinks to add a tart flavor.
- The carambola is great for eating right out of hand and does not need to be peeled or seeded before eating.
- Carambola is 90 percent water.

## WELLNESS TIP

Instead of traditional crunches on the floor, try using a stability ball. Your core will have to work harder to stabilize your position, and the ball allows you to move through a larger range of motion.

## SHOPPING, PREPARING AND STORING



- A ripe carambola will be bright yellow with tinges of light green and will feel firm. It is normal if there is a brown color along the raised ridges.
- If your carambola is not ripe, let it sit on the counter for a few days.

## COOKING TIPS



- Carambola tastes great raw but can be used in cooked dishes, too. Toss slices into stir-fry or broil with honey and serve atop grilled chicken.
- The playful shape of cut carambola makes it perfect for children.
- Add carambola slices to a fruit salad or enjoy alone as a snack.

## BROILED CARAMBOLA

serves 2

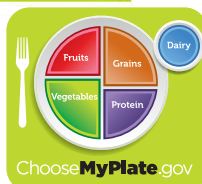
- 2 carambolas, seeded and sliced
- 1 lime, juiced
- 1 tablespoon brown sugar
- 1/4 cup low-fat vanilla yogurt



1. Preheat broiler.
2. With a vegetable peeler, take the brown tips off of the points of the carambolas. Slice the carambolas into 1/4-inch thick slices. Poke out any seeds with a knife.
3. Spray cooking spray on a baking sheet with raised sides. Arrange carambola slices on the baking sheet.
4. In a small bowl, combine the lime juice with the brown sugar. Brush over the carambola slices.
5. Broil 2 minutes. Serve topped with yogurt.

Recipe provided by Fresh for Florida Kids, Florida Department of Agriculture and Consumer Services

Calories: 83 Total Fat: 0.5 g; Saturated Fat: 0 g; Total Carbohydrates: 18 g; Protein: 2 g; Sodium: 23 mg



## CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

  
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