

# Dragon Fruit



## Selecting

Dragon fruit, also known as Pitaya or Strawberry Pear, is a tropical fruit. It comes in three colours- pink skin with white flesh; pink skin with red flesh and yellow skin with white flesh, all with edible tiny black seeds.

To choose a ripe dragon fruit look for one with bright even coloured skin. A few blemishes are okay but if there are a lot of blotches, the fruit may be too ripe. A just ripe fruit will yield to slight pressure. If it is too firm it will need to ripen for a few days.

## Storing

Dragon fruit can be left on the counter for a few days. To store it longer, place fruit in a sealed plastic bag and store in the refrigerator. Once the fruit is cut, place in a tightly sealed container and store in the refrigerator.

## Preparing

Dragon fruit is prepared like kiwi fruit. Cut in half and use a spoon to separate the flesh from the skin. Remove the fleshy portion and cut into cubes or slices which can then be placed back into the skin for serving. Please note that the skin is not edible.

Dragon fruit can be paired with fish dishes, used in a fruit salad, smoothies or smoothie bowls.

## Seasonality

Dragon Fruit can be found year-round.

## Nutrition

Dragon fruit is a good source of Vitamin C, a source of fibre and is low in calories.



**Try something new! Add Dragon Fruit to your favourite smoothie, like this one:**

[www.halfyourplate.ca/tropical-smoothie-bowl/](http://www.halfyourplate.ca/tropical-smoothie-bowl/)

