

# Taste Test: Dragon Fruit



Dragon fruit, also known as pitaya, dragon pear fruit, and strawberry pear, grows on a type of cactus in tropical countries. It is bright and colourful on the outside, and its flesh has texture like a kiwi. The scaly look of its outer skin is the reason some call it “dragon fruit,” and there are several types. It is native to Mexico and South America but it is also grown in Asia and Australia.

## Food Fact

Dragon fruit contains nutrients including vitamin C, calcium and fibre.

### How to Choose:

- Look for dragon fruit with bright skin free of moldy spots.
- A ripe dragon fruit is slightly soft but not mushy (similar to a ripe kiwi).

### How to Prepare:

- Preparing dragon fruit is easy! All you need to do is cut it in slices, quarters, or strips.
- You can also cut the dragon fruit in half and scoop it out with a spoon, like you would do with a kiwi.

### How to Store:

- Dragon fruit can be stored at room temperature or in the refrigerator for several days.

### Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

## I Tried It!

My Rating (circle one):



Would you like to try dragon fruit again?

YES     NO

## Ideas for Serving Dragon Fruit:

- It can be juiced, added to smoothies, or mixed in a salad.
- Dragon fruit has an interesting appearance that is attractive to kids and can help them reach those recommended vegetables and fruit servings per day.

### Dragon Fruit Shake

Makes 2 servings

#### Ingredients:

- 1 dragon fruit, peeled
- 2 tangerines, peeled and segmented
- 1 lime, juiced
- 4 leaves fresh basil
- 2 Tbsp brown sugar
- 1 cup water
- 1 cup crushed ice

#### Directions:

1. Cut two ¼ inch thick slices from the peeled dragon fruit to use as a garnish, set aside.
2. Place the remaining dragon fruit into a blender with the tangerine segments, lime juice, basil, brown sugar, and water. Puree until smooth.
3. Stir in the crushed ice and pour into glasses. Garnish with the reserved dragon fruit slices to serve.

Recipe adapted from <https://www.allrecipes.com/recipe/154950/dragon-fruit-shake/>



Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

<sup>1</sup>EaTracker.ca. Recipe Analyzer. [http://www.eatracker.ca/recipe\\_analyzer.aspx](http://www.eatracker.ca/recipe_analyzer.aspx). Accessed July 20, 2012.