



“Making a choice to get healthier with your eating choices can have such a huge affect on every aspect of your life. My sister has cataracts and macular issues. The state of her eyes affects everything. Learning that something as simple and wonderful as cooking healthy food can actually help is truly empowering.”

—Chef Janette Barber

LUSCIOUS GRAPEFRUIT MERINGUE

INGREDIENTS:

- 3 egg whites
- 1 teaspoon vanilla extract
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon salt
- 1/4 cup confectionary sugar
- 2 large pink grapefruits, halved, sections pre-cut for easier eating.

COOKING INSTRUCTIONS:

Pre-heat oven to 350 degrees F. In a medium bowl, use an electric mixer to beat the egg whites with the vanilla cream of tartar and the salt until foamy. Gradually add the confectionary sugar and continue beating until the mixture is shiny and forms stiff peaks. Cover the surface of the each grapefruit half completely with generous gobs of meringue and bake for 15 or 20 minutes until lightly browned. Serve immediately.

Yield: 4 Servings

