Exotic Fruits

Forget apples and oranges; reach for produce from faraway lands instead.

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Stroll through almost any sizable supermarket and you'll likely walk right past a host of strange-looking fruits from all over the world. But many of these foodstuffs are worth sampling for their significant amounts of vitamin C, fiber and antioxidants.

Fruits such as cherimoyas, horned melons, jackfruit, dragonfruit, longan, rambutan and durian can be rinsed, peeled and eaten fresh. Meanwhile, other exotic fruits can be savored in different ways. For example, toss ripened sapodilla—a sweet, fleshy tropical fruit—into smoothies, salads, sauces, syrups, pies and batter for pancakes or muffins, suggests Wendy Reinhardt Kapsak, MS, RDN, the CEO of the Produce for Better Health Foundation.

A recent surge in folks going vegetarian has resulted in increased consumer interest in and demand for unusual produce. This means that a larger variety of these foreign fruits will be yours for the tasting during all seasons of the year.

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