



Get Grilling with Grapes





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Fresh grapes are a welcome addition at any gathering, and the backyard barbeque is no exception. Always a perfect pick for snacking, grapes are also great for grilling! Grapes' natural sweetness mixes beautifully with the smoke and char from the grill. Grilling grapes caramelizes the natural sugars, intensifying their already amazing flavor. Adding grapes – whether as a sauce, a fresh salsa or a grilled component – to grilled fish, chicken or steak elevates the ordinary entree into something special.

Get Grilling with Grapes is a collection of recipes from the California Table Grape Commission that showcases grapes in a variety of grilling applications. Nothing brings out flavor quite like grilling, so let's get started!

A close-up photograph of several skewers of grilled fruit, including strawberries, mango, and grapes, garnished with fresh herbs. The skewers are arranged in a white bowl with blue stripes. The background is bright and slightly blurred.

TABLE OF Contents

Mediterranean Grilled Chicken and Grape Skewers... 4

Grilled Flank Steak with Grapes and Stilton... 5

Grape-Mango Salsa with Cilantro and Lime ... 6

Grilled Grape, Strawberry & Mango Skewers with Honey-Orange Glaze... 7

California Wine Country Grilling Sauce... 8

Grilled Onion and Grape Relish... 9

Grilled Salmon Tacos with Grape Pico De Gallo... 10

Prosciutto-Wrapped Grilled Grapes... 11



Mediterranean Grilled Chicken and Grape Skewers

Makes 6 appetizer servings; 4 entrée servings

These versatile chicken and grape skewers can be served as either an appetizer or entrée simply by increasing the number of skewers served per person. With a simple, flavorful marinade that can be quickly whisked together with ingredients likely on hand, it's the perfect dish to make earlier in the day so it's ready to go once the grill is fired up.



INGREDIENTS

Marinade

- 3 tablespoons extra virgin olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon crushed red pepper flakes
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- 1 tablespoon chopped fresh rosemary, or 1 1/2 teaspoons dried
- 1 teaspoon grated lemon zest

Skewers

- 4-6 bamboo skewers, soaked in water
- 1 pound boneless, skinless chicken breast cut into 3/4-inch dice
- 1 1/2 cups green California seedless grapes
- 1/2 teaspoon salt
- 1 tablespoon fresh lemon juice



DIRECTIONS

Marinade: In a small bowl, whisk together the olive oil, garlic, red pepper flakes, oregano, rosemary, and lemon zest.

Thread alternating pieces of chicken and grapes onto 12-inch skewers. Place the skewers into a nonreactive dish or pan. Pour the prepared marinade over the skewers, turning to coat each one. Marinate in refrigerator for 4 to 24 hours.

Remove skewers from marinade, and let excess oil drip off. Discard any remaining marinade. Season the skewers with salt. Grill on a hot barbecue until the chicken is cooked through, 3 to 5 minutes on each side. Arrange on a serving platter and drizzle with the lemon juice.



NUTRITIONAL INFORMATION

Nutritional analysis per entrée serving: Calories 212; Protein 23g; Carbohydrate 11g; Fat 8g (34% Calories from Fat); Saturated Fat 1.5g (7% Calories from Saturated Fat); Cholesterol 63mg; Sodium 347mg; Fiber .6g.



Grilled Flank Steak with Grapes and Stilton

Makes 6 servings

This elegant dish is both a show-stopping centerpiece and a tasty meal-in-one, and easy to put together at the last minute. Fresh grapes and Stilton cheese deliver a special occasion vibe that will impress guests.



INGREDIENTS

- 1 flank steak (2 pounds)
- Kosher salt and freshly ground black pepper
- 1 1/2 tablespoons red wine vinegar
- 1 tablespoon chopped shallot
- 1/4 teaspoon Dijon mustard
- 1/4 cup extra-virgin olive oil
- 2 bunches watercress, trimmed (8 cups)
- 1/2 cup crumbled Stilton or other blue cheese
- 2 cups red California grapes, halved



DIRECTIONS

Preheat a grill to high and oil the grates. Sprinkle the steak with salt and pepper.

In a small blender or food processor, combine the vinegar, shallot, mustard and olive oil. Season with salt and pepper and puree until smooth. Grill the steak until it reaches 130 F. for medium-rare, about 6-7 minutes per side. Transfer to a cutting board and let rest 5 minutes.

In a large bowl, combine the watercress, salt and pepper and enough dressing to coat. Thinly slice the steak across the grain and transfer to a platter. Top with the watercress, Stilton and grapes and serve with additional dressing.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 376; Protein 29g; Carbohydrate 10g; Fat 24g (57% Calories from Fat); Saturated Fat 8.5g (20% Calories from Saturated Fat); Cholesterol 73mg; Sodium 299mg; Fiber .8g.



Grape-Mango Salsa with Cilantro and Lime

Makes 4 servings

This sweet and subtly spicy topping sings of summer, whatever time of year it happens to be. And it works with whatever fruits are in season – peaches, papaya or mango all pair well with grapes.



INGREDIENTS

- 2 ripe mangoes, peeled, pitted and diced (or use other seasonal fruit such as peaches or papaya if mangoes are unavailable)
- 2 cups California seedless grapes, halved
- 1/4 cup red onion, minced
- 2 tablespoons fresh cilantro, chopped
- 2 tablespoons fresh lime juice
- 1 jalapeno pepper, seeded and minced
- 1/2 teaspoon salt



DIRECTIONS

Combine all ingredients in a large bowl and mix well. Cover with plastic wrap and refrigerate until ready to serve.



NUTRITIONAL INFORMATION

Nutritional analysis per 1/2 cup serving: Calories 66; Protein 1g; Carbohydrate 17g; Fat < 1g (5% Calories From Fat); Cholesterol 0mg; Sodium 148mg; Fiber 1.5g.



Grilled Grape, Strawberry & Mango Skewers with Honey-Orange Glaze

Makes 4 servings

Fruit skewers are a fun favorite for the whole family. Get the kids involved in the party prep by letting them help assemble the skewers. They can proudly serve their very own creation to the guests once they're off the grill!



INGREDIENTS

- 8 bamboo skewers, soaked in water
- 1 cup California green seedless grapes
- 1 cup California red or black seedless grapes
- 1 mango, cut into chunks
- 12 strawberries, cut in half
- 1/3 cup honey
- 1 tablespoon orange zest
- 1/4 cup orange juice
- 1 tablespoon fresh chopped mint
- 1/4 teaspoon salt



DIRECTIONS

Prepare grill or broiler. Skewer fruit, alternating grapes with mango and strawberries. Prepare glaze by mixing together honey, orange zest, orange juice and salt. Both fruit skewers and glaze should be at room temperature before grilling. Grill skewers over hot coals until lightly browned on each side, about 2-4 minutes per side. Brush fruit with glaze and sprinkle with mint. Serve warm.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 182; Protein 2g; Carbohydrate 72g; Fat 1g (Calories from Fat 3%); Sat Fat 0g; Cholesterol 0mg; Sodium 148mg; Fiber 3g.



California Wine Country Grilling Sauce

Makes 1 cup of sauce

This gorgeous red glaze features grapes in a starring role ready to enhance any and all of the grillmeister's favorites; this delectable sauce doesn't disappoint.



INGREDIENTS

- 1-1/2 cups red California seedless grapes
- 1 cup red wine
- 1/4 cup chopped onion
- 2 cloves garlic
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- Good pinch cayenne pepper
- 1/2 cup honey
- 2 slices lemon
- 1 bay leaf
- To taste freshly ground black pepper
- Pinch of salt



DIRECTIONS

Place the grapes, wine, onion, garlic, thyme, rosemary and cayenne in blender. Blend until liquid then pour sauce into a large saucepan. Add the honey, lemon and bay leaf, stir well and bring the sauce to a boil. Turn down the heat and simmer, stirring regularly until the sauce is syrupy and reduced to one cup, about 30 minutes.

Brush the sauce on to grilled meats and cook 2-3 minutes more for a piquant, fruity glaze. Serve extra sauce alongside.

Note: Because of the natural sweetness in the sauce, be careful of flare ups.



NUTRITIONAL INFORMATION

Nutritional analysis per 2 tablespoons: Calories 110; Protein .5g; Carbohydrate 24g; Fat .2g (2% Calories from Fat); Saturated Fat <1g; Cholesterol 0mg; Sodium 40mg; Fiber .6g.



Grilled Onion and Grape Relish

Makes 6 servings

This surprising relish delivers great taste, texture and sophistication to simple grilled salmon. The grilled onions make the sweetness of the grapes pop, while fresh mint and lemon add a lively note that brings it all together.



INGREDIENTS

- 1 Sweet Onion, cut into ¼-inch slices
- 1 cup seedless California grapes, halved
- ¼ cup chopped mint
- 3 tablespoons fresh lemon juice
- 2 teaspoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper



DIRECTIONS

Grill the onion slices on a preheated, medium-hot grill for 3 minutes per side, or until soft and beginning to brown. Put the onions into a medium-sized bowl and stir the grapes, mint, lemon juice, olive oil, salt, and pepper and toss well.



NUTRITIONAL INFORMATION

Nutritional analysis per serving (relish only): Calories 42; Protein .43g; Carbohydrate 7.4g; Fat 2g (Calories from Fat 31%); Saturated Fat <1g, (Calories from Saturated Fat 0%); Cholesterol 0mg; Sodium 99mg; Fiber .9g.



Grilled Salmon Tacos with Grape Pico De Gallo

Makes 4 servings

Heart-healthy grapes and salmon are paired in this fresh take on fish tacos and the result is undeniably delicious. Created by a dietitian, this recipe makes enough to serve four, but it can be doubled or tripled for entertaining.



INGREDIENTS

- 1 cup red seedless California grapes, chopped
- 1 cup green seedless California grapes, chopped
- 1/4 cup finely chopped white onion
- 1/2 jalapeño pepper, seeded and diced
- Small pinch salt
- 1 pound salmon fillets
- As needed olive oil
- To taste pepper
- 12 small corn tortillas
- 2 limes, cut into wedges



DIRECTIONS

Prepare a grill for cooking over medium heat.

Put the grapes, onion, and jalapeño in a medium bowl. Season with salt and toss lightly. Cover and chill while you prepare the salmon.

Brush the salmon lightly with olive oil, then season with salt and pepper. Grill for 4 to 5 minutes on each side, or until it's cooked to your liking. Remove the salmon and keep it warm. Heat the tortillas briefly on the grill in batches until warmed.

To serve, coarsely chop the salmon and divide it between the tortillas. Top each taco with a heaping tablespoon of grape pico de gallo and serve with lime wedges.



NUTRITIONAL INFORMATION

Nutritional analysis per serving (3 tacos per serving): Calories 347; Protein 27 g; Carbohydrate 46g; Fat 7g; 18% Calories from Fat; Cholesterol 59 mg; Sodium 298 mg; Potassium 611 mg; Fiber 5g.



Prosciutto-Wrapped Grilled Grapes

Makes 6 servings

Every bite of this crowd-pleasing appetizer delivers the quintessential combination of salty and sweet which means these are sure to be a BIG hit. Can't get to the grill? Bake for 8-10 minutes on a cookie sheet in an oven preheated to 425 F.



INGREDIENTS

- 1/2 pound large California seedless grapes, rinsed, with stems removed (about 2 cups)
- 1/4 pound prosciutto, thinly sliced
- 2 tablespoons extra virgin olive oil
- 2 teaspoons fresh rosemary, minced
- 1 clove garlic, minced
- 1/4 teaspoon black pepper, ground
- wooden picks or skewers, soaked in water to prevent burning



DIRECTIONS

Wrap grapes with small pieces of prosciutto about 1-inch wide by 3-inches long. Skewer each grape with a pick, securing prosciutto. Repeat until all grapes are used. Set aside.

In small bowl, combine oil, rosemary, garlic and pepper. Lightly brush wrapped grapes with seasoned oil. Grapes can be prepared to this point, refrigerated and then cooked when ready to serve.

Heat gas grill to medium, then grill grapes lightly, about 2 minutes per side. Prosciutto should be crisp, and grapes warmed through. Drizzle with additional oil if desired and serve hot.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 106; Protein 4g; Carbohydrate 7g; Fat 7g (59% Calories from Fat); Saturated Fat 2g (17% Calories from Saturated Fat); Cholesterol 10mg; Sodium 263mg; Fiber .5g.



ABOUT *California* TABLE GRAPES

More than 99 percent of commercially grown grapes in the United States are produced in California. With over 85 varieties grown, California grapes come in three colors – green, red and black.

The California grape season begins in late spring when the first grapes are harvested from vines in the Coachella Valley, the state's southernmost grape growing region, and moves up to the San Joaquin Valley as the season in Coachella comes to a close. Harvest continues into December with grapes available in stores May through January.

California grapes are cultivated, picked, packed and transported with the greatest care, ensuring that the grapes you enjoy arrive in just-picked condition: plump, juicy and full of flavor.

With more than 200 recipes available, there are plenty of ideas to inspire your next meal, snack or dessert at grapesfromcalifornia.com.

