



THE "go-to" FRUIT FOR YOUR MEALS & SNACKS

Transform Ordinary Meals. Add Grapes for a Fresh Burst of Flavor.

Juicy and crisp, Grapes from California are perfect on their own, of course, but they're also an easy add-in ingredient to rejuvenate tried and true recipes, snacks, and meals. That's why they're your "go-to" fruit when your meals and snacks need a lift. Here are a few great add-in ideas:



add'em in to Salads, Sandwiches and Smoothies

- ✓ Whole grapes make favorite **salads** more lively and colorful, whether they are homemade or from take-out. Traditional green, the classic Caesar, a favorite slaw – the list goes on – benefit greatly from the addition of the sweet-tart flavor of grapes.
- ✓ Tuna, chicken, or turkey salad **sandwiches** are healthier and fresher with the addition of grapes and a welcome change of pace. Did you know that halved grapes retain their juiciness without releasing unwanted liquid into the mix?
- ✓ For a breakfast or after-school **smoothie**, just toss whole grapes into a blender with other ingredients. The result is a naturally sweet and colorful, energy-filled drink that contains all the healthy goodness of grapes.



Fresh Grapes complement Nearly Every Flavor

Fresh grapes enhance other foods and are extremely versatile in the kitchen. For flavor combinations that sing, try these:

- ✓ Spicy hot – Succulent grapes help cool the heat of spicy foods, from harissa to hot honey.
- ✓ Salty – Salty ingredients such as bacon, soy sauce, and cheese (think feta) are balanced and enhanced with sweet-tart juicy grapes.
- ✓ Tart – A vinaigrette seems less vinegary when paired with grapes. They go great with all citrus flavors, too.
- ✓ Bitter – Grapes' delicate sweetness enhances bitter greens and veggies such as arugula, broccoli, and cauliflower.

More Grape benefits

Grapes from California come in vibrant hues of green, red, and black to add color and beauty to every dish.

- ✓ Each of the 80-plus varieties has a taste and texture all its own.
- ✓ Grapes deliver antioxidants and other polyphenols that are linked to an array of health benefits.

JUST ADD 'EM IN. IT'S THAT SIMPLE.

