

GRAPES from California

The “Go-To” Fruit

Transform Ordinary Meals. Add Grapes from California.

Juicy and crisp, Grapes from California are perfect on their own, of course, but they’re also an easy, tasty 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. Besides complementing the main ingredients in salads, grapes go with just about any dressing from ranch to balsamic to blue cheese.
- ▶ Tuna, chicken or turkey salad **sandwiches** are healthier and fresher with the addition of grapes and a welcome change of pace. Halving the fruit is sometimes the best way to use them in a sandwich mix, and 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.

More Grape Benefits, Boons, and Bonuses

- ▶ Grapes from California come in vibrant hues of green, red and black to add color and beauty to every dish.
- ▶ Each of the 85-plus varieties has a taste and texture all its own.
- ▶ Grapes contain antioxidants and other polyphenols that help contribute to heart health and may play a role in healthy aging.

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, including curry – both Thai and Indian style – burning hot Southeast Asian sambal and North African harissa.
- ▶ Salty – Salty ingredients such as bacon, soy sauce and cheese (think feta) are balanced and enhanced with the sweet-tart juice from grapes.
- ▶ Tart – A vinaigrette seems less vinegary when paired with grapes. They go great with all citrus flavors, too.
- ▶ Nutty – You’ve seen grapes on cheese plates nestled near the nuts. Now try them in a wild-rice walnut stuffing or a salad with honeyed pecans.

JUST ADD’EM IN. IT’S THAT SIMPLE.

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