



TV Demo: A New Take on Classics that Pumps Up the Flavor!

Estimated Total Time: 4.5 – 5.5 minute segment (can be shortened by trimming number of recipes)

Demo how to make Asian Chicken Ramen and Grape Salad recipe step-by-step only; salsa and frozen grapes recipes feature finished recipes that talk through, but don't demonstrate, steps.

Intro/Summary

Many of us rely upon a repertoire of tried and true, favorite dishes for weekdays and for entertaining. And there's nothing wrong with that! But sometimes, to keep taste buds happy, you need to change things up a bit. That's where Grapes from California come in. They can help everyday classics go from same old to novel and new, and help you add more nutrition into meals, too. We've got three delicious examples here to show you how it's done and how easy it is.

Demo Recipes

Asian Chicken, Ramen and Grape Salad



Suggested Props:

- Finished salad in pretty bowl
- Mixing bowl
- Frying pan
- Individual ingredients measured out in bowls
- Container of mixed dressing
- Large salad bowl
- Mixing spoon
- Summer-y napkin
- Grape bunches on platter for display

Talking Points:

- This crunchy salad is always a hit at picnics, potlucks and summertime parties. But it makes a tasty lunch or summertime salad for dinner too. As you'll see, we pump up the WOW factor with grapes.
- The salad is simple to make (DEMO RECIPE STEPS):
 - Break up the ramen noodles in its package (discard the seasoning packet – that's what's high in sodium), then put the noodles along with some slivered almonds into a frying pan and toast them over medium heat.
 - Toasting nuts brings out an amazing flavor that you just don't get otherwise. And toasting also improves their texture, so they stay crisp even in a mixed salad like we're making.
 - Need to pay attention when toasting and shake the pan frequently – it's easy to burn them. You want the nuts and the noodles to have a toasty brown color.
 - Pour the nuts and noodles mix into a bowl, add chopped romaine, shredded cabbage and diced chicken
 - If you're short on time, you can find pre-cut, bagged options of the cabbage and romaine right in our produce department – and you can grab a rotisserie chicken and chop that up.
 - Next, add sliced green onions and green California grapes. Then toss it all together with this pretty orange mustard dressing.
 - Dressing is a mix of oil, rice wine vinegar, frozen orange juice concentrate and honey mustard
- The addition of grapes to this salad adds great flavor, color, and texture, and makes for satisfying meal.
 - Grapes from California are in peak season right now, from May through January.
 - And, adding the grapes is a tasty way to get more fruit into your day. It's an unexpected twist that adds great taste and prettiness to salads.

Recipe:

Serves 4

1 packet (3 oz.) ramen noodles (any flavor)
1/3 cup slivered almonds
4 cups chopped Romaine lettuce leaves
2 cups shredded Napa cabbage
8 ounces cooked, diced chicken meat (about 2 cups)
1 1/2 cups green seedless California grapes
2 each green onions, sliced

Orange Mustard Dressing

1/4 cup vegetable oil
1/4 cup rice vinegar
2 tablespoons honey mustard
2 tablespoons frozen orange juice concentrate
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

- Break up the ramen noodles in the sealed package. Open carefully and discard the seasoning mix. Put the noodle pieces and the almonds in a dry skillet and cook over medium heat, stirring and tossing constantly until the noodles and nuts are toasty brown, about 4 minutes. Set aside to cool.
- In a large bowl, combine the lettuce, cabbage, chicken meat, grapes and green onions.
- Prepare the dressing in a small bowl by whisking together the oil, vinegar, mustard, orange juice concentrate, salt and pepper.
- Combine the salad, toasted noodle mix and the dressing. Toss well and serve.

Nutritional analysis per serving: Calories 489; Protein 27 g; Carbohydrate 37 g; Fat 27 g; 49% Calories from Fat; Cholesterol 54 mg; Sodium 494 mg; Potassium 654 mg; Fiber 4 g

Classic Grape Salsa



Suggested Props:

- Finished bowl of salsa, surrounded by whole grain chips and veggies on platter
- Spoon for salsa
- Festive napkin or table cloth

Talking Points:

- This colorful, fresh grape salsa offers a fresh twist on a Latin favorite – we’ve simply swapped out the tomatoes for grapes [Yes, grapes go almost anywhere a tomato goes!]
 - This recipe is so easy to make. Simply mix chopped grapes with some sliced green onion and chile peppers, cilantro and seasonings.
 - I like to use a variety of colors of grapes – red, green and black – to add color to the salsa.
 - Be sure to let it stand for an hour before serving, to allow flavors to meld.
 - You’ve got a delicious, tart-sweet salsa that’s the perfect pairing for chips and veggie dippers.
 - Add as much heat as you like, either with spicier peppers or a few extra dashes of hot pepper sauce.

Recipe:

Serves 8

2 cups	coarsely chopped California seedless grapes (use all three colors)
1/2 cup	chopped green onions
1/2 cup	diced fresh chilies (or diced, canned Anaheim chilies)
2 tablespoons	chopped fresh cilantro
2 tablespoons	vinegar
1 clove	garlic, minced
1/2 teaspoon	salt

- Combine all ingredients in medium bowl and mix well.
- Let stand at least one hour before serving. Drain off excess liquid before serving.

Nutritional analysis per serving: Calories 38; Protein 0.6 g; Carbohydrate 9 g; Fat 0.3 g; 6% Calories from Fat; Cholesterol 0 mg; Sodium 147mg; Fiber 0.7 g

Frosty Frozen Grapes



Suggested Props:

- Finished bowl of frozen grapes
- Colander of fresh grapes
- Rimmed cookie sheet
- Pretty napkin or placemat

Talking Points:

- These icy delights are just like a mini-sorbet! They are delicious, healthy and so easy to make.
 - Rinse clusters of grapes under water and drain.
 - You can freeze them two ways: either pick the grapes off their stems or place full clusters of grapes on a cookie sheet and put them in the freezer.
 - After two hours, the grapes will be frozen and ready to eat.
- Kids love these on hot summer days – they’re fun to pop in your mouth and they’re a fun way to get kids to eat more fruit.
- Instead of handing out popsicles or ice cream cones, put out a bowl of these treats and watch them disappear.
- Grapes from California are what you’ll find in the stores this summer – their season stretches all the way from May to January.
- Another fun idea is to use these frozen grapes instead of ice cubes in drinks.

Recipe:

Clusters of fresh red, green or black seedless California grapes

- Rinse clusters under running water and drain well.
- Pick the grapes off their stems or place full clusters on a cookie sheet and put in the freezer.
- After two hours, grapes will be ready to eat. For a festive twist, use them as ice cubes.