



## Seasonal Articles

### Grapes make a healthy delicious snack



Crisp, juicy, sweet and a natural source of beneficial plant compounds called polyphenols, grapes are a super snack. It's no wonder: besides their link to good health and their delicious taste, grapes are the perfect tote-along: no peeling, no coring and ready-to-eat when you are. Grapes are an especially kid favorite fruit and a fun, nutritious snack that beats other salty, high-fat options.

A quick rinse is all that's needed before serving. Selecting grapes is easy: they're always ripe and ready to use. Look for green, pliable stems and plump, firm red, black or green grapes as an indicator of freshness. Once home, grapes can keep up to two weeks in the refrigerator. They make a terrific frozen treat, too!

### Frozen Grapes

- Rinse a cluster of fresh California grapes under running water and drain well.
- Make sure the grapes are fairly dry.
- Put the cluster of grapes in a bowl, or pick the grapes off their stems and put them on a cookie sheet.
- Put the bowl or cookie sheet in the freezer. After two hours, the grapes are ready to eat.
- Any uneaten grapes can be stored in the freezer in a plastic bag or sealed container, and enjoyed later.

## Summertime is Salad Time: Coastal Salad with Grapes and Shrimp

When warm weather hits, the idea of slaving over a hot stove cooking takes a backseat to cool summer fun. That's when entrée salads like Coastal Salad with Grapes and Shrimp can save the day.

This salad is rich but refreshing, thanks to the addition of grapes. Grapes' juicy sweetness complements shrimp's mild flavor, and their crisp bite adds to the crunch of the celery and water chestnuts. Plus, grapes have a tang that acts as a foil to the full-bodied dressing.

Coastal Salad with Grapes and Shrimp is fit for a party on the patio, served alongside whatever you're grilling up on the barbecue or by itself, for a filling lunch. Enjoy it in different ways: mound the salad onto butter lettuce leaves, mix it with baby greens, or—for an especially summer-y treat, place a scoop inside an avocado half.

### Coastal Salad with Grapes and Shrimp

- 1 pound large pink bay shrimp
- 1 cup seedless California grapes, quartered
- 1/2 cup chopped celery
- 1/2 cup chopped water chestnuts
- 2 each green onions, sliced, white and green parts kept separate
- 2 tablespoons mayonnaise
- 2 tablespoons dry sherry
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Few drops toasted sesame oil
- Pinch dry mustard
- 1 tablespoon sesame seeds

In a medium bowl, combine the shrimp, grapes, celery, water chestnuts and the sliced whites of the green onion. In a small bowl, combine the mayonnaise, sherry, salt, pepper, sesame oil and dry mustard. Gently mix with shrimp and grape mixture. Sprinkle with the sliced green part of the onion and the sesame seeds. Refrigerate until ready to serve. Serves 4.

*Nutritional analysis per serving:* Calories 227; Protein 25 g; Carbohydrate 13 g; Fat 8 g; 31% Calories from Fat; Cholesterol 226 mg; Sodium 457 mg; Potassium 362 mg; Fiber 3 g.



## Transform the Ordinary with Juicy Sweet Grapes

Tired of the same old Caesar salad? Need a new smoothie idea? Want more nutrition and freshness in your tuna sandwich? A topping to perk up your morning granola? Here's a surprising solution: fresh grapes!

Juicy, sweet, and crisp, grapes from California are the perfect snack or side on their own. But they're an ideal, easy add-in ingredient to rejuvenate tried and true recipes, too. Their vibrant hues of green, red and black add color and interest to dishes, and each variety has a taste and texture all its own.

Here's another bonus: grapes are a natural source of antioxidants and other polyphenols, which research shows may help benefit heart health and possibly protect against other age-related diseases.



Try adding grapes to your favorite dishes:

- Whole grapes make favorite salads more lively and colorful, whether they're homemade or you want to spruce up a salad from take-out. Traditional green, the classic Caesar, a favorite slaw – the list goes on — can all get a flavor boost from the addition of sweet-tart grapes. Besides complementing a salad's main ingredients, grapes pair perfectly with just about any dressing, too, from ranch to balsamic to blue.
- Tuna, chicken or turkey salad sandwiches get a fresh health boost with the addition of grapes and offer a welcome change of taste from the everyday. Halving grapes is oftentimes the best way to use them in a sandwich mix. Even when halved, grapes retain their juiciness without releasing unwanted liquid into the salad mix.
- When you whip up a breakfast or summer snack smoothie, just toss whole grapes into a blender with other fruit and ingredients. The naturally sweet and colorful, energy-filled drink is sure to please!