



Perfect Picnics





LOOKING FOR THE *perfect picnic?*

Looking for the perfect picnic? Go with grapes in the basket! Plump, juicy, and always delicious, grapes are very good for you too! Enjoy them by the bunch or as the signature ingredient in tasty, wholesome dishes. Grapes go with everything!

So pack the picnic basket with recipes that include grapes and get more from the meal: more taste, more color, more crunch, and more nutrition. Whether a salad, side, sandwich, or sip, Perfect Picnics brings together better-for-you California grape recipes that are perfectly portable for the next outdoor adventure.

Go with grapes every day for a whole bunch of healthy!

did you know?

Fresh grapes are a natural source of beneficial antioxidants and other polyphenols that help promote heart health and healthy aging. Heart-healthy grapes have no fat, no cholesterol, and virtually no sodium; grapes are also a good source of vitamin K which is important for bone health.



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Spicy Carrot Slaw

Makes 8 servings

Wonderfully tangy, fresh, and nutty, this picnic pleaser combines fresh grapes with shredded carrots and crunchy jicama. Zesty citrus and habanero chile dressing adds a bit of sweet heat while chopped peanuts provide the perfect crunchy bite.



INGREDIENTS

- 1/3 cup orange juice concentrate (undiluted)
- 2 teaspoons lime juice
- 1 1/2 teaspoons minced habanero chile
- 1/2 teaspoon salt
- 3 large carrots, shredded
- 2 cups California grapes, halved
- 1 1/2 cups peeled and julienned jicama
- 1/2 cup chopped fresh cilantro
- 1/2 cup salted peanuts, coarsely chopped



DIRECTIONS

In a small bowl, whisk together orange juice concentrate, lime juice, chile, and salt. In a separate serving bowl, combine carrots, grapes, jicama, cilantro, and peanuts. Pour dressing over the top. Toss to coat all ingredients; chill until ready to serve.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 136; Protein 3g; Carbohydrate 19g; Fat 6g (37% Calories from Fat); Saturated Fat 1.4g (9% Calories from Saturated Fat); Cholesterol 0mg; Sodium 219mg; Fiber 3g.



Hearty Quinoa Salad with Grapes and White Beans

Makes 12 servings

The basis for this delightful salad is a trio of superfoods: quinoa, grapes, and white beans. Crisp pea pods and celery add crunch while the lemon-pepper dressing adds a zesty note. This wholesome salad can be a full meal or a hearty snack. Either way, the protein and fiber in this combo will help keep hunger at bay in the tastiest way!



INGREDIENTS

Dressing:

- 1/2 cup white wine vinegar
- 1/2 cup lemon juice
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 1/2 tablespoons honey
- 1 1/2 teaspoons grated lemon peel
- 1 teaspoon salt
- 1/2 teaspoon coarsely ground pepper

- 2 cups (12 ounces) quinoa
- 2 cups vegetable stock
- 2 cups water
- 4 cups California grapes, halved
- 2 cups Chinese pea pods, cut in 1-inch pieces
- 2 cups canned small white beans, drained
- 1 cup diced celery
- 1/4 cup minced cilantro
- 1/4 cup chopped Anaheim peppers



DIRECTIONS

To prepare dressing, combine vinegar, lemon juice, oil, garlic, honey, lemon peel, salt, and pepper; mix well; set aside. Rinse and drain quinoa; combine with stock and water in large saucepan. Bring to boil, reduce heat, cover, and simmer 10 to 15 minutes. Drain any remaining liquid. Add 1/2 cup of dressing to hot cooked quinoa; mix well and cool. Add grapes, pea pods, white beans, celery, cilantro, and peppers; mix with the remaining 1/2 cup of dressing and set aside. Chill until ready to serve.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 219; Protein 8g; Carbohydrate 40g; Fat 4g (18% Calories from Fat); Saturated Fat <1g (2% Calories from Saturated Fat); Cholesterol 0mg; Sodium 363mg; Fiber 5g.



Chicken and California Grape Salad

Makes 6 servings

Whether picnicking at a park, beach, or lake, this crowd-pleasing recipe will hold a place of honor on the blanket. And talk about versatility! It can be served as a salad on a bed of greens, rolled into a tortilla for a wrap, paired with corn tortillas, or even used as an arepa filling.



INGREDIENTS

Dressing

- 1/2 cup nonfat plain yogurt
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

- 3 cups cooked chicken, shredded
- 2 tablespoons chopped red onion
- 2 celery stalks, diced
- 1 jalapeño chile, chopped (optional)
- 3/4 cup red California grapes, halved
- 3/4 cup green California grapes, halved
- 1/2 avocado, diced
- 1 tablespoon chopped cilantro



DIRECTIONS

In a small bowl mix the yogurt, olive oil, lime juice, salt, and pepper; set aside. In a medium bowl mix the chicken, onion, celery, and chile; add in the dressing and gently mix in the grapes, avocado, and cilantro. Cover and chill until ready to serve.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 182; Protein 21g; Carbohydrate 11g; Fat 7.4g (36% Calories from Fat); Saturated Fat 1.4g (7% Calories from Saturated Fat); Cholesterol 54mg; Sodium 274mg; Fiber 1.7g.



Hummus and Grape Wraps

Makes 4 servings

A simple wrap made with ingredients likely already in the fridge makes this a perfect recipe for last-minute picnic invitations. Feeding a crowd? Double or triple the recipe as needed and keep chilled until ready to serve.



INGREDIENTS

- 4 low-sodium flour tortillas (7 to 8-inch tortillas)
- 1/2 cup hummus
- 4 small romaine lettuce leaves
- 4 oz. thinly sliced turkey breast
- 1 cup California grapes, halved



DIRECTIONS

Lay out four tortillas on a clean cutting board. Spread the hummus evenly on the tortillas. Top each with a lettuce leaf, a slice of turkey, and a sprinkling of grapes. Roll them up like a burrito and serve immediately, or wrap in plastic wrap and keep chilled until ready to serve.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 240; Protein 14g; Carbohydrate 32g; Fat 7g (26% Calories from Fat); Saturated Fat 1.5g (6% Calories from Saturated Fat); Cholesterol 25mg; Sodium 280mg; Fiber 2g.



Fruited Tabbouleh

Makes 4 servings

Savory and satisfying, this fruited tabbouleh hits all the right flavor notes with mint, orange, lemon, ginger, and cumin to complement the fresh burst of flavor from grapes. Assemble and store in individual jars for a stylish presentation.



INGREDIENTS

- 2 1/2 cups low-sodium chicken or vegetable broth
- 1 1/2 cups bulgur wheat
- 1 1/2 cups California grapes, halved
- 1/2 cup minced red onion
- 1/4 cup chopped fresh mint leaves
- 1 medium orange, peeled and diced

Dressing

- 1/3 cup extra virgin olive oil
- 3 tablespoons fresh-squeezed lemon juice
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 3/4 teaspoon ground ginger
- 3/4 teaspoon ground cumin
- 1/2 teaspoon black pepper



DIRECTIONS

Bring broth to a boil in a medium saucepan; stir in bulgur and turn off heat. Cover and set aside for 25 minutes. Fluff with a fork and let cool completely. Stir in grapes, onion, mint, and orange. In a small bowl, whisk together oil, lemon juice, sugar, salt, ginger, cumin, and pepper. Pour over bulgur and toss well. Chill until ready to serve.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 230; Protein 5g; Carbohydrate 32g; Fat 10g (39% Calories from Fat); Saturated Fat 1.5g (6% Calories from Saturated Fat); Cholesterol 0mg; Sodium 180mg; Fiber 5g.



Smoked Salmon Appetizers

Makes 16 appetizers

These tasty bites are an upscale addition to any outdoor occasion. Heart-healthy grapes pair well with smoked salmon for a combo that delivers delicious flavor plus a healthy boost of protein, beneficial fats, antioxidants, and other polyphenols. Healthy tastes good!



INGREDIENTS

- 1 cup finely diced red and green California grapes
- 1 tablespoon chopped fresh dill
- 2 teaspoons rice vinegar
- 1 teaspoon sugar
- Pinch of salt
- 4 tablespoons low-fat cream cheese
- 4 slices (roughly 3 x 5 inches) Danish-style rye bread, each cut crosswise into 4 pieces
- 2 ounces thinly sliced smoked salmon



DIRECTIONS

In a small bowl, combine the grapes, dill, vinegar, sugar, and salt. Spread the cream cheese on the bread slices and top with pieces of salmon. Top with the grape relish and serve.



NUTRITIONAL INFORMATION

Nutritional analysis per appetizer: Calories 37; Protein 1.6g; Carbohydrate 6g; Fat 1g (23% Calories from Fat); Saturated Fat .4g (10% Calories from Saturated Fat); Cholesterol 3mg; Sodium 105mg; Fiber .5g.



Grape Picnic Salad

Makes 4 servings

Meet the official go-to picnic salad. Fresh grapes mingle with white beans, celery, and parsley, and are tossed with a tangy lemon-mustard dressing.



INGREDIENTS

- 1 cup halved California grapes
- 1 can (15 oz.) small white beans, drained and rinsed
- 1/2 cup diced celery
- 1/4 cup minced green onions
- 2 tablespoons chopped parsley

Dressing:

- 2 tablespoons vegetable oil
- 2 tablespoons lemon juice
- 1 teaspoon Dijon-style mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 lettuce leaves (optional)



DIRECTIONS

Combine grapes, beans, celery, onions, and parsley in medium bowl. Whisk the oil, lemon juice, mustard, salt, and pepper together in a small bowl; pour over salad and gently mix together. Chill until ready to eat. Serve on lettuce leaves if desired.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 185; Protein 6g; Carbohydrate 26g; Fat 8g (35% Calories from Fat); Saturated Fat 1g (5% Calories from Saturated Fat); Cholesterol 0mg; Sodium 298mg; Fiber 6g.



Sparkling Hibiscus Tea with Grapes and Mint

Makes 8 servings

The tartness of hibiscus tea is balanced by the delicate sweetness of fresh California grapes in this sparkling drink that is free of caffeine and full of refreshing flavor.



INGREDIENTS

- 6 cups water, divided
- 1 tablespoon honey
- 6 hibiscus tea bags
- 2 cups green California grapes, divided
- 10 mint leaves
- 1 navel orange, sliced
- Ice
- 16 ounces of sparkling water



DIRECTIONS

Using a tea kettle or saucepan, bring 3 cups of water and honey to boil. Turn off the heat, add the tea bags, and steep for 6-8 minutes. Remove tea bags and allow remaining liquid to cool for 15 minutes.

In a martini shaker or bowl, muddle one cup of grapes with the mint leaves. Add muddled grape and mint mixture to a large pitcher (about 60 ounces), along with remaining 3 cups of water and orange slices. Stir in the hibiscus tea mixture and refrigerate for at least 30 minutes. Strain before serving.

To serve, add ice and 3-4 grapes to a 10-ounce glass. Pour in 2 ounces of sparkling water and then 6 ounces of the hibiscus tea mixture.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 70; Protein 1g; Carbohydrate 16g; Fat 0g; Cholesterol 0mg; Sodium 10mg; Fiber 1g.



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.