



Pool Parties with Grapes

96 with grapes to MAKE A SPLASH AT YOUR NEXT POOL PARTY.

Go with grapes to make a splash at pool parties throughout the summer. Fun in the sun calls for snacks that are crowdfriendly, cool, and refreshing – like California grapes. Crisp, juicy, and colorful too, grapes are a perfect pick for poolside snacking. Serve them on their own or dive into *Pool Parties with Grapes* – a collection of tasty, people-pleasing recipes that will fill you up without weighing you down.

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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Kanh Mi-Style Flathread with California Grapes

Makes 4 servings

California grapes add a fresh twist and healthy boost of nutrition, flavor, and color to this recipe created by Patricia Bannan, MS, RD. This delightful dish captures the essence of the classic Vietnamese sandwich but reimagines it to deliver those fresh flavors as a modern flatbread. **Check out the video here!**



- 1 (14-ounce) package prepared pizza dough
- 1 tablespoon canola oil
- 1 tablespoon minced garlic
- 1 tablespoon lemongrass paste
- 12 ounces skinless, boneless chicken breast, cut into 1/2-inch pieces
- 2 tablespoons low-sodium soy sauce
- 1/2 cup shredded carrots
- Pinch sugar
- 1 tablespoon rice vinegar (unseasoned)
- 2 cups halved green California grapes
- 1/4 cup coarsely chopped fresh cilantro
- 1 jalapeño pepper, very thinly sliced (remove seeds for less heat)



DIRECTIONS

Heat oven to 450 F. Roll the pizza dough into a 10X14inch oval on a lightly floured board. Transfer it to a baking sheet. Bake for 8 to 10 minutes, or until lightly browned.

Meanwhile, in a medium skillet, heat the oil over medium heat, and stir in the garlic and lemongrass paste; cook for 1 minute. Add the chicken and soy sauce; stir-fry over medium-high heat until the chicken is cooked through. Remove from heat. Place the carrots in a small bowl and stir in a pinch of sugar and the vinegar.

Spread the chicken mixture over the baked dough, then sprinkle it with the carrots, grapes, cilantro, and jalapeño slices. Cut the flatbread into 8 square pieces.



NUTRITIONAL INFORMATION

Nutritional information per serving (2 pieces): Calories 418; Protein 22g; Carbohydrate 55g; Fat 12g (27% Calories from Fat); Saturated Fat 2g (4% Calories from Saturated Fat); Cholesterol 44mg; Sodium 357mg; Fiber 2g.



Panzanella Salad with Grapes and Kadicchio

Makes 6 servings

Make a delicious update to this classic Tuscan bread salad with fresh, juicy grapes! Radicchio and cucumber are mixed with green and red California grapes and cubes of grilled rustic bread for a colorful salad that's made for summer. Hearty enough to eat as a light meal, or perfect as a flavorful side.



Dressing

- 2 tablespoons olive oil
- 2 tablespoons white balsamic vinegar
- 1 tablespoon orange juice
- 1 teaspoon orange zest
- 1 teaspoon honey
- 1/2 teaspoon Dijon-style mustard
- 2 teaspoons chopped fresh tarragon
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper
- 3 (1-inch thick) slices whole grain rustic bread
- 3 (1-inch thick) slices of red onion
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 3/4 cup red California grapes
- 3/4 cup green California grapes
- 1 cup roughly chopped radicchio
- 1 cup large-dice English cucumber
- 1/4 cup chopped pistachios
- 2 ounces goat cheese, crumbled



In a small bowl, combine the olive oil, vinegar, juice, zest, honey, mustard, tarragon, parsley, salt, and pepper. Set aside.

Heat grill or grill pan to medium high. Using a brush, lightly coat the bread and onion slices with olive oil. Season with salt and pepper. Place the onion slices on the grill. Cover and cook until charred, about 4 minutes, then flip and cook, covered, for another 2-3 minutes. Set aside. Grill the bread for 3 minutes or until toasted. Flip and grill another minute. Set aside. Roughly chop the grilled onions and the bread into 1" square pieces.

In a large bowl, combine the onions, bread, salt, pepper, grapes, radicchio, cucumber, and pistachios. Add the salad dressing and gently toss to combine. Divide the salad into 6 equal servings and top each with goat cheese.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 283; Protein 7g; Carbohydrate 33g; Fat 15g (48% Calories from Fat); Saturated Fat 3.5g (11% Calories from Saturated Fat); Cholesterol 8mg; Sodium 387mg; Fiber 3g.



Cod Tacos with Grape Curtido

Makes 4 servings

Impress guests with a fish taco like no other! In this recipe, flaky cod is topped with a spicy grape curtido – a sweet-tart cabbage slaw with fresh grapes and a hint of heat that makes each bite satisfying and delicious. In addition to great flavor, this healthful combination of foods delivers lean protein and beneficial plant compounds, including grape polyphenols and cruciferous compounds from cabbage. Healthy tastes good!



Curtido

- 4 cups shredded green cabbage (about 1/2 medium head)
- 1 large carrot, grated
- 1/2 medium red onion, thinly sliced
- 11/2 cups red California grapes, halved
- 1 tablespoon minced jalapeño
- 1 teaspoon dried oregano, crumbled
- 6 tablespoons apple cider vinegar
- 1 tablespoon brown sugar
- 1/8 teaspoon kosher salt

Tacos

- 1/4 cup all-purpose flour
- 1 teaspoon chipotle chili powder
- 1/8 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1 pound cod fillets
- 1 tablespoon olive oil
- 8 corn tortillas, warmed
- Lime wedges



DIRECTIONS

Combine cabbage, carrot, onion, grapes, jalapeño, oregano, vinegar, sugar, and salt in a large bowl. Cover and refrigerate at least 1 hour or up to 24 hours ahead.

Combine the flour, chili powder, salt, and pepper in a shallow bowl or pie plate. Dredge the fish in the flour mixture. Heat the olive oil in a large non-stick skillet over medium-high heat. Add the fish and cook 4 minutes; turn and cook another 2 minutes. Remove to a bowl and flake the fish. To serve, divide the fish among the tortillas and top with curtido. Serve with lime wedges.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 290; Protein 23g; Carbohydrate 38g; Fat 6g (19% Calories from Fat); Saturated Fat 1g (3% Calories from Saturated Fat); Cholesterol 45mg; Sodium 200mg; Fiber 6g.



Black Grape Sorbet

Makes 4 servings

This sorbet offers just the right amount of sweet for a summertime treat to keep cool on the hottest of days. With just a few simple ingredients, this refreshing summertime sweet is all about the grapes.



- 4 cups black California grapes
- 1/4 cup sugar
- 1/2 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon vodka (optional, but helps make sorbet smooth)



Puree grapes, sugar, lemon zest, and juice in blender until mixture is smooth. Place mixture in a saucepan and bring to boil over high heat. Let boil 30 seconds, then remove from heat. Strain puree through fine strainer and discard solids. Stir vodka into puree. Let mixture chill in refrigerator, then place in an ice cream freezer according to manufacturer instructions or freeze in a shallow pan, stirring every 10-15 minutes until frozen.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 180; Protein 0g; Carbohydrates 44g; Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 20mg; Fiber <1g.



Fresh Grape Salsa

Makes 8 servings (about 2 cups)

Celebrate warm, sunny days with this refreshing twist on traditional salsa. Using grapes instead of tomatoes adds a spicy-sweet bite that goes great with tortilla chips or crispy grilled bread slices. This salsa is also great as a topping for grilled fish and chicken.



- 2 cups California grapes, coarsely chopped
- 1/2 cup chopped green onions
- 1/2 cup diced fresh or canned Anaheim chilies
- 2 tablespoons chopped cilantro
- 2 tablespoons vinegar
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/8 teaspoon bottled hot pepper seasoning



DIRECTIONS

Combine all ingredients in medium bowl; mix well. Let stand at least 1 hour before serving. Drain off excess liquid before serving.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 38; Protein 0.6g; Carbohydrate 9g; Fat 0.3g (7% Calories from Fat); Saturated Fat 0g; Cholesterol 0mg; Sodium 147mg; Fiber 0.7g.



Shrimp, Orzo, and Grape Salad

Makes 4 servings

This festive summer salad mixes fresh grapes, crunchy cucumbers, and tender shrimp with orzo, the delicate rice-shaped pasta. A zesty mustard-dill dressing brings these fresh flavors together in an upscale presentation perfect for poolside entertaining.



Dressing

- 1/4 cup white wine vinegar
- 1 tablespoon olive oil
- 1 tablespoon Dijon-style mustard
- 1 tablespoon Worcestershire sauce
- 1 clove garlic, minced
- 1 tablespoon chopped fresh dill
- 1 teaspoon finely minced onion
- 1/2 teaspoon cracked pepper

Salad

- 1 cup dry orzo* pasta
- 2 cups green California grapes, halved
- 8 ounces small cooked, peeled shrimp
- 1 cup seeded, diced cucumbers
- 1/4 cup diced green pepper
- 1/8 teaspoon salt
- 1/8 teaspoon ground pepper
- 2 tablespoons chopped fresh dill



DIRECTIONS

*Cook orzo according to package directions.

In small bowl combine vinegar, olive oil, mustard, Worcestershire sauce, garlic, dill, onion, and pepper to make dressing; mix well and set aside. Add two tablespoons of the dressing to the warm, drained, cooked orzo; mix well and cool. Add grapes, shrimp, cucumber, green pepper, salt, pepper, fresh dill, and remaining dressing and mix well. Cover and refrigerate until ready to serve.



NUTRITIONAL INFORMATION

Nutritional analysis per snack: Calories 280; Protein 17g; Carbohydrate 40g; Fat 5g (16% Calories from Fat); Saturated Fat 1g (3% Calories from Saturated Fat); Cholesterol 120mg; Sodium 750mg; Fiber 2g.



Frozen Grape and Kanana Skewerz with Chocolate Vrizzle

Makes 4 servings (Serving size: 2 skewers)

This crowd-pleasing frozen fruit skewer, by registered dietitian Ellie Krieger, is a fun and tasty treat, ideal for lounging poolside on a hot summer day. But this cool snack offers even more: grapes and dark chocolate are both natural sources of beneficial antioxidants and other polyphenols, while bananas contribute potassium and fiber. Delicious and good for you too!



- 2 firm ripe bananas
- 2 tablespoons orange juice
- 1/2 cup red California grapes (about 16)
- 1/2 cup green California grapes (about 16)
- 8 (10-inch) wooden skewers
- 1 1/2 ounces dark chocolate (60-70% cocoa solids), finely chopped



DIRECTIONS

Line a baking sheet with wax paper. Cut the bananas into 1/2-inch thick rounds. Place in a small bowl and toss gently with the orange juice. Skewer the fruit, alternating two grapes for each piece of banana and place the fruit skewers onto the lined tray.

Place the chocolate in a small microwave safe bowl. Microwave for 1 minute, then stir well, and microwave another 10 seconds if necessary to melt the chocolate. Using a spoon, drizzle the melted chocolate onto the fruit skewers.

Place the tray in the freezer for at least 2 hours. Once frozen, skewers may be transferred to a sealable plastic bag where they will keep in the freezer for up to a week. Allow to soften at room temperature for 5 minutes before eating.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 140; Protein 2g; Carbohydrate 27g; Fat 4.5g (29% Calories from Fat); Saturated Fat 2.5g (16% Calories from Saturated Fat); Cholesterol Omg; Sodium Omg; Fiber 3g.



Spicy Chicken and Grape Lettice Cups

Serves 4 as an entrée

Spice up the pool party with these lean lettuce cups that are full of flavor. Guests will love the addition of heart-healthy green grapes, which help cool the spicy heat and lends flavor and texture to the meal.



- 1 tablespoon cornstarch
- 1 tablespoon water
- 3/4 cup low-sodium chicken broth
- 1 tablespoon sugar
- 1 tablespoon red wine vinegar
- 3 to 5 teaspoons Asian chili paste with garlic
- 1/4 cup reduced-sodium soy sauce
- 1 tablespoon peanut or vegetable oil
- 6 cloves garlic, minced
- 3 tablespoons minced fresh ginger
- 11/2 pounds ground chicken breast
- 11/2 cups California green grapes, halved
- 3/4 cup thinly sliced green onions
- 1 head iceberg lettuce, cut in half and separated into leaves
- 1/4 cup coarsely chopped cilantro
- 11/2 cups julienned cucumber



DIRECTIONS

In a small bowl, combine cornstarch and water. Add chicken broth, sugar, vinegar, chili paste, and soy sauce. Set aside. Heat oil in a large nonstick skillet over high heat. Add garlic and ginger; sauté for 30 seconds. Add chicken and cook until no longer pink, about 5-8 minutes. Add grapes and green onions; sauté for 30 seconds. Restir the sauce mixture and pour into skillet. Stir until thickened, about 1 to 2 minutes. Remove from heat. Place chicken mixture in lettuce leaves; garnish with cilantro and cucumber, then roll up. Serve immediately.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 341; Protein 41g; Fat 9g (23% Calories from Fat); Saturated Fat 2g (5% Calories from Saturated Fat); Carbohydrates 27g; Cholesterol 109mg; Sodium 621mg; Fiber 3g.



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**.