




Tasty
Tailgating





Tailgating IS ABOUT FANS, FUN, AND MOST OF ALL, FOOD!

Stock up the cooler and go with California grapes to the game! Endlessly versatile and full of healthy goodness, grapes are the top pick for better-for-you game-day snacking. With their fresh burst of flavor, heart-healthy grapes are great on their own or as the star ingredient in these championship recipes.

Whether a salad, skewer, sandwich, or salsa, Tasty Tailgating has a California grape recipe that is perfect for every hungry fan. These recipes will have everyone cheering, "Go... Grapes!"

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

did you know?

Did you know? Research into the potential impact to our health when consuming grapes suggests that the whole grape – which contains over 1600 natural plant compounds – may offer a range of intriguing health benefits when included in our daily diet.



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Asian Chicken, Ramen, and Grape Salad

Makes 4 servings

Delicious green grapes and a delightful citrus dressing offer a fresh take on this classic salad. Crisp greens, crunchy ramen noodles and almonds provide satisfying texture while diced chicken packs a protein punch in this healthful all-star combination.



INGREDIENTS

Salad

- 1 packet (3 ounces) 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 California grapes
- 2 green onions, sliced

Dressing

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



DIRECTIONS

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, 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 INFORMATION

Nutritional analysis per serving: Calories 48g; Protein 27g; Carbohydrate 37g; Fat 27g (49% Calories from Fat); Saturated Fat 5g (9% Calories from Saturated Fat); Cholesterol 54mg; Sodium 494mg; Fiber 4g.



Grape Pasta Salad with Poppy Seed Dressing

Makes 12 servings

Elevate pasta salad to new heights with this dietitian-approved recipe. Whole wheat pasta adds fiber and protein, heart-healthy grapes add antioxidants and other polyphenols, and almonds add healthy fats, making for championship nutrition. Serve it up as either a side dish or a starting player.



INGREDIENTS

- 1/2 cup apple cider vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon poppy seeds
- 1/4 cup lemon juice
- 2 tablespoons sugar
- 1 16-ounce box whole wheat bowtie pasta, cooked according to package directions
- 2 cups chicken, cooked and torn apart
- 4 cups red California grapes, halved
- 1 cup dried tart cherries
- 1 cup sliced almonds



DIRECTIONS

In a large bowl, whisk together the vinegar, olive oil, poppy seeds, lemon juice, and sugar. Fold in the pasta, chicken, grapes, cherries, and almonds; chill for 1-2 hours before serving.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 350; Protein 15g; Carbohydrate 54g; Fat 10g (26% Calories from Fat); Saturated Fat 1.5g (4% Calories from Saturated Fat); Cholesterol 20mg; Sodium 30mg; Fiber 6g.



Asian Noodle Salad with Chicken and Grapes

Makes 6 servings

There's no competition for this crowd-pleasing salad bursting with bright, fresh, and nutty flavors. Juicy grapes are a pleasing complement to the subtle heat from sriracha and the tangy ginger. With plenty of protein, this salad is sure to fill up fans before heading into the game.



INGREDIENTS

- 1 pound spaghetti
- 1/2 cup smooth peanut butter
- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons sesame oil
- 1 tablespoon finely grated fresh ginger
- 1 tablespoon sugar
- 1 garlic clove, minced
- 1 teaspoon sriracha
- 2 cups shredded, cooked chicken
- 2 cups halved red California grapes
- 2 cups shredded green cabbage
- 4 scallions, thinly sliced
- 1/4 cup chopped peanuts



DIRECTIONS

Cook the spaghetti in a large pot of boiling salted water until al dente. Reserve 1/2 cup pasta water; drain, rinse spaghetti with cold water, drain, and set aside.

Meanwhile, in a large bowl, whisk together peanut butter, soy sauce, sesame oil, ginger, sugar, garlic, and sriracha. Add the cooked spaghetti, 2-4 tablespoons of the pasta cooking water, and toss. Mix in the chicken and grapes. Top with cabbage, scallions, and peanuts, then serve.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 630; Protein 30g; Carbohydrate 79g; Fat 22g (32% Calories from Fat); Saturated Fat 4g (6% Calories from Saturated Fat); Cholesterol 35mg; Sodium 565mg; Fiber 6g.



Green Grape and Tomatillo Salsa

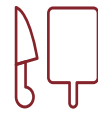
Makes 2 cups

Green grapes and tomatillos combine for a salsa that will surprise and delight. This versatile condiment goes great with grilled chicken and seafood, or can be served simply as a dip with chips. It comes together in a snap: make it a day or two ahead and it's ready for game time.



INGREDIENTS

- 8 ounces tomatillos husked and rinsed (about 5-8 tomatillos)
- 1 3/4 cups California green grapes, separated and rinsed
- 2 tablespoons cilantro, coarsely chopped
- 2 cloves garlic, minced
- 1 jalapeño, coarsely chopped (seeded if preferred for less heat)
- 1/2 teaspoon salt
- 1 tablespoon lime juice



DIRECTIONS

Process all ingredients in food processor, pulsing until slightly coarse in texture.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 37; Protein < 1g; Carbohydrate 9g; Fat .5g (12% Calories from Fat); Saturated Fat 0g; Cholesterol 0mg; Sodium 147mg; Fiber .9g.



Chicken, Spinach, and Grape Pita

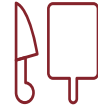
Makes 4 servings

Tailgate guests will cheer for these flavor-packed pitas with California grapes in the mealtime lineup. Chicken is mixed with crisp, juicy grapes, feta, and fresh spinach, then accented with lemon, red pepper flakes, and the tangy citrus flavor of sumac. The filling is best made at home, then stuffed into pita pockets when ready to eat.



INGREDIENTS

- 2 tablespoons pine nuts
- 2 tablespoons lemon juice
- 2 tablespoons minced shallot
- 3 tablespoons extra virgin olive oil
- Pinch red pepper flakes
- 1/4 teaspoon ground sumac
- Salt
- Freshly ground black pepper
- 1 5-6 ounce package fresh baby spinach, washed and dried
- 1 1/2 cups shredded, cooked chicken (about 8 ounces)
- 1 cup red California grapes, sliced
- 1/4 cup crumbled feta
- 4, 6 1/2-inch whole wheat pita breads, warmed and halved



DIRECTIONS

Toast the pine nuts in a small skillet over medium-high heat, stirring constantly until toasted, about 5 minutes. Transfer to a bowl and let cool. In a large bowl combine the lemon juice, shallot, olive oil, red pepper flakes, sumac, salt, and pepper and whisk together. Add the spinach, chicken, grapes, feta, and pine nuts and toss to mix. Stuff into the pita breads and serve.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 445; Protein 24g; Carbohydrate 46g; Fat 20g (39% Calories from Fat); Saturated Fat 5g (10% Calories from Saturated Fat); Cholesterol 57mg; Sodium 658mg; Fiber 6g.



Lobster and Grape Salad Rolls

Makes 4 servings

Lobster and grape salad served on soft artisan rolls will be the surprise standout of the season. The sweetness of the lobster and California grapes is balanced with a zesty zing of lemon and tarragon accents. Guests will beg for this sandwich to be in the starting lineup at every tailgate party.



INGREDIENTS

- 3 cups lobster meat, fresh or frozen
- 1 cup green California grapes, halved
- 1/2 cup chopped celery
- 1 tablespoon chopped parsley
- 3 tablespoons pine nuts, toasted
- 2 tablespoons minced shallots
- 1 tablespoon champagne or white wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh tarragon
- 3 tablespoons extra virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon coarsely ground black pepper
- 4 each soft artisan rolls, split horizontally
- 4 each leaves of red lettuce, washed and dried



DIRECTIONS

In large bowl, combine lobster, grapes, celery, parsley and pine nuts. Prepare the dressing in a small bowl by whisking together the shallots, vinegar, lemon juice, tarragon, olive oil, salt, and pepper. Pour over the lobster mixture and gently toss to combine. Line the rolls with lettuce and fill with lobster salad.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 375; Protein 28g; Carbohydrate 31g; Fat 16 (38% Calories from Fat); Saturated Fat 3g (7% Calories from Saturated Fat); Cholesterol 78mg; Sodium 778mg; Fiber 2.4g.



Grape, Cheddar, and Jicama Skewers with Cilantro Lime Dipping Sauce

Makes 4 servings

California grapes, cheddar cheese, and jicama make up this dream-team recipe by Chef and Nutritionist Ellie Krieger. If jicama is not available, substitute with English cucumber for a similar snap and crunch in this mouthwatering sideline snack.



INGREDIENTS

- 3/4 cup green California grapes (24 grapes)
- 4 ounces fat-free cheddar cheese, cut into 1/2 inch cubes
- 1/4 large jicama root, peeled and cut into 1/2 inch cubes*
- 1/2 cup fat-free plain yogurt
- 1 tablespoon finely chopped fresh cilantro leaves
- 1 teaspoon finely grated lime zest
- 2 teaspoons lime juice
- 1 teaspoon honey
- Pinch of salt
- 8 10-inch wooden skewers or 16 5-inch wooden skewers



DIRECTIONS

Place the grapes, cheddar, and jicama onto the skewers, alternating them until there are three of each item on each skewer.

In a small bowl, stir together the yogurt, cilantro, lime zest and juice, honey, and salt until well combined. Serve the skewers with the sauce for dipping.

*Can substitute 1/3 large English cucumber, seeded, and cut into 1/2 inch chunks if jicama is not available.

Serving size: 2 skewers and 2 tablespoons sauce.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 111; Protein 11g; Carbohydrates 17g; Fat .2g (Calories from Fat 2%); Saturated Fat 0g; Cholesterol 6mg; Sodium 284mg; Fiber 4g.



Quinoa Tabbouleh with Grapes

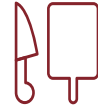
Makes 6 servings

This salad is a delicious, modern take on classic tabbouleh salad, a staple of Middle Eastern cuisine. This version uses gluten-free quinoa instead of traditional bulgur wheat, and fresh grapes in place of tomatoes. The result is a memorable dish with full-bodied flavors that guests won't be able to pass up.



INGREDIENTS

- 3/4 cup quinoa, rinsed
- 1 1/2 cup water
- 3/4 cup halved red California grapes
- 3/4 cup halved green California grapes
- 2 cups diced English cucumber
- 2/3 cup chopped flat leaf parsley
- 1/2 cup chopped dill
- 1/4 cup chopped mint
- 2 tablespoons extra virgin olive oil
- 2 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1/4 teaspoon sea salt
- Freshly ground pepper to taste



DIRECTIONS

Add the quinoa and water to a medium-sized saucepan. Bring to a boil then reduce the heat to low/simmer, cover, and cook for 12 minutes. Do not stir. Once the quinoa is fluffy and the water is absorbed, remove the pan from the heat and let stand, covered, for 5 minutes. Fluff the quinoa with a fork and spread the quinoa onto a baking sheet to cool. In a medium bowl, combine the grapes, cucumber, herbs, oil, lemon juice and zest, salt, and pepper. Gently fold the cooled quinoa into the grape mixture and serve.



NUTRITIONAL INFORMATION

Nutritional analysis per serving: Calories 160; Protein 5g; Carbohydrate 23g; Fat 6g (34% Calories from Fat); Saturated Fat 1g (6% Calories from Saturated Fat); Cholesterol 0mg; Sodium 78mg; 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.