

mindful Meals

A COLLECTION OF BRAIN-SMART RECIPES
FEATURING GRAPES FROM CALIFORNIA

GRAPES FROM CALIFORNIA

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GRAPES HAVE OVER 1,600 NATURAL PLANT COMPOUNDS

Research into the potential impact to our health when consuming grapes suggests that the whole grape – which contains over 1,600 natural plant compounds, including antioxidants and other polyphenols – offers a range of intriguing health benefits when included in our daily diet.

A HEALTHY SNACK ON THE GO

Red, green, or black, you'll find the goodness of grapes in every color. Grapes are a healthy, portable, and tasty snack ideal for eating anytime, anywhere. A 3/4-cup serving of grapes contains just 90 calories, no fat, no cholesterol and virtually no sodium. Grapes are a good source of vitamin K and contain seven percent of the daily recommended value for potassium.

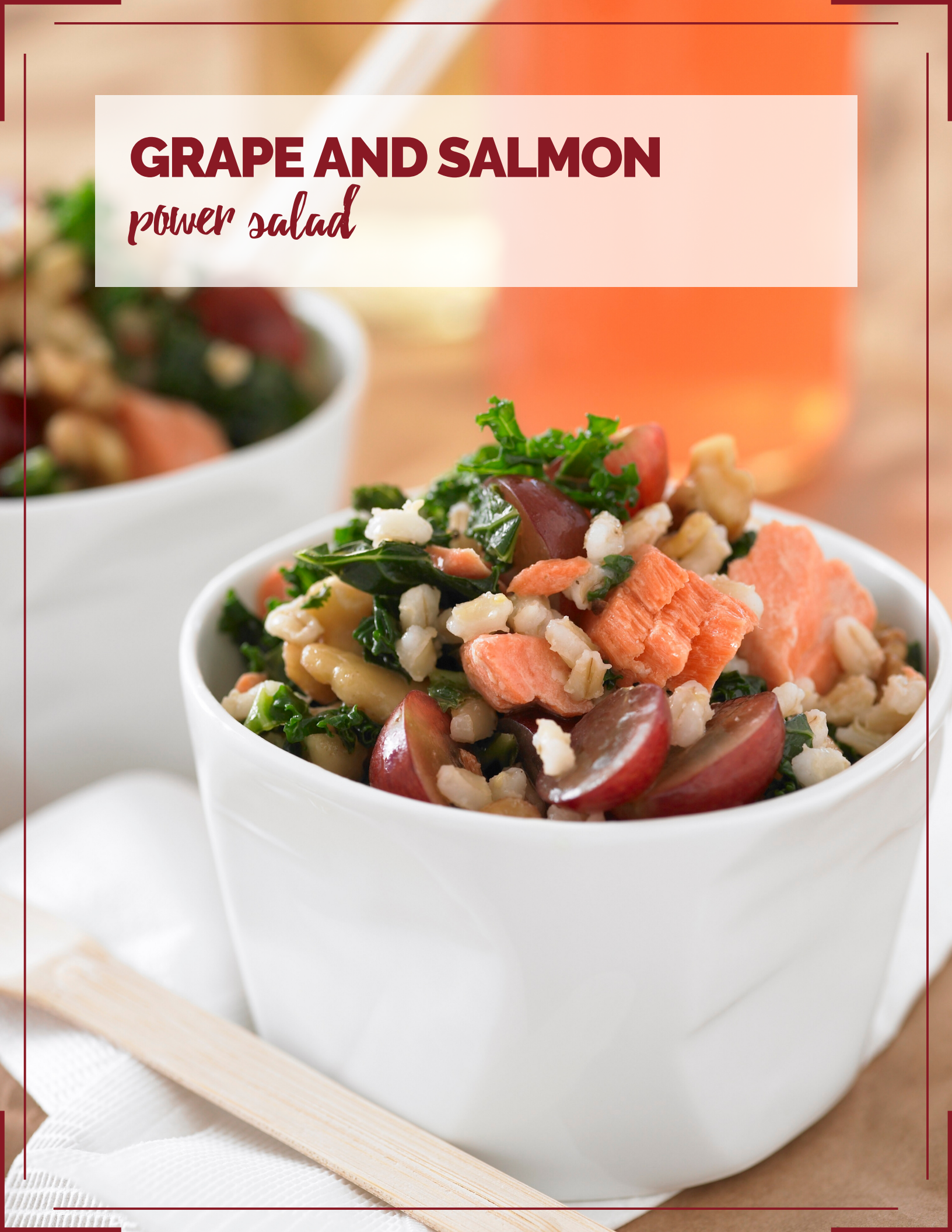
BRAIN FOOD RECIPES

Enjoy this collection of recipes that may help support brain health! These delightful recipes are made with grapes and other foods thought to help promote a healthy brain, including fish, legumes, nuts, whole grains, and leafy green vegetables. These recipes are also heart-smart, because what's good for heart health is also good for brain health.

GO WITH GRAPES EVERY DAY FOR A WHOLE BUNCH OF *healthy*

GRAPE AND SALMON

power salad





makes 6 servings

ingredients

- 3/4 cup pearled barley
- 3 cups firmly packed kale leaves, torn and sliced into ribbons
- 1 cup halved, red or black seedless California grapes
- 8 ounces cold, cooked salmon, skin and bones removed
- 1/2 cup walnuts, lightly toasted, coarsely chopped

DRESSING

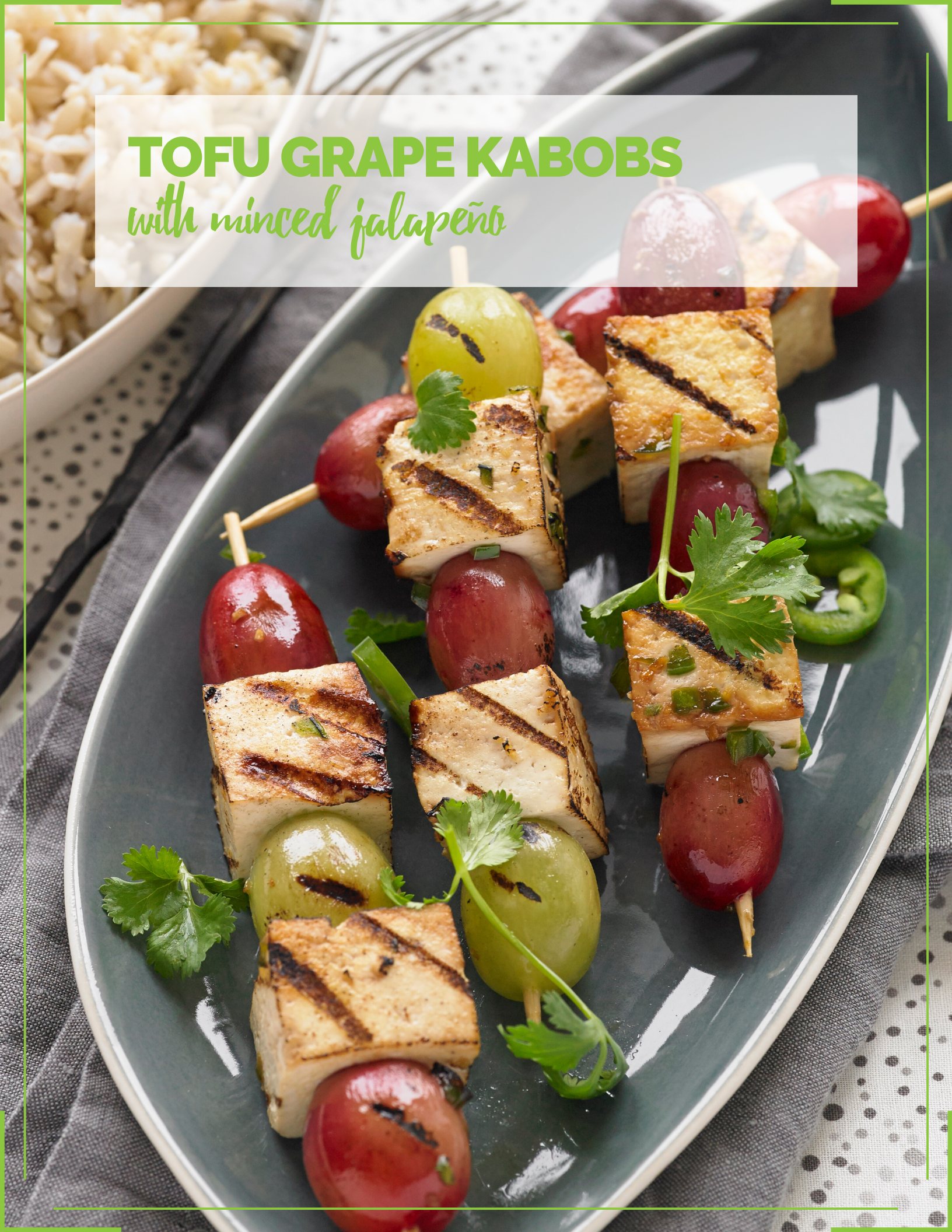
- 1/4 cup fresh squeezed lemon juice
- 1 clove garlic, mashed
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Pinch cayenne pepper
- 1/2 cup extra-virgin olive oil

directions

Cook the barley according to package directions, or in plenty of lightly salted boiling water for about 35-45 minutes until it is plump and tender, and still slightly chewy. Drain and cool. Tenderize the kale by blanching it in boiling water for 2-3 seconds or cooking in the microwave for 1 minute. Rinse the pieces in cold water to stop the cooking and squeeze dry. Fluff and uncrimp the dry kale pieces with your fingers. In a medium bowl, mix together the barley, kale, grapes, salmon, and walnuts.

To prepare the dressing: In a small bowl, whisk together the lemon juice, garlic, salt, pepper and cayenne. Gradually mix in the olive oil. Pour onto the salad and fold gently to combine. Serve immediately or refrigerate.

Nutritional analysis per serving: Calories 413; Protein 15 g; Carbohydrate 30 g; Fat 28 g (59% Calories from Fat); Saturated Fat 4 g (9% Calories from Saturated Fat); Cholesterol 22 mg; Sodium 232 mg; Fiber 4 g


TOFU GRAPE KABOBS
with minced jalapeño

ingredients

- 2-3 tablespoons minced jalapeño
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons brown sugar
- 1 teaspoon grated ginger
- 1 pound firm tofu, cut into 12 chunks
- 2 cups green California grapes
- 2 cups steamed brown rice
- 2 tablespoons chopped cilantro



makes 4 servings

directions

Preheat grill to high.

In a small bowl, mix the jalapeño, soy sauce, sugar and ginger and toss.

Add the tofu and mix.

Thread the tofu and grapes onto 4 skewers.

Grill 2-4 minutes or until heated through.

Divide rice between 4 bowls, top with the skewers, and sprinkle with cilantro.

Nutritional analysis per serving: Calories 271; Protein 14 g; Carbohydrate 42 g; Fat 6 g (20% Calories from Fat); Saturated Fat 1 g (3% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 207 mg; Fiber 3.5 g

ROASTED SWEET POTATOES

with onions, grapes, and feta





makes 4 servings

ingredients

- 4 medium sweet potatoes
- 1 tablespoon extra-virgin olive oil
- 1 jumbo yellow onion, halved and thinly sliced
- 1/2 tablespoon turmeric
- 1 tablespoon white wine vinegar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 1 cup halved red or black California grapes
- 2 tablespoons chopped, toasted, salted pepitas
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped mint
- 1/4 cup crumbled feta

directions

Heat the oven to 400 F. Pierce the potatoes all over with a fork, place on a foil-lined sheet pan, and bake for 1 hour or until potatoes are tender. Alternatively, wrap the potatoes in a damp paper towel and microwave 8-10 minutes or until soft.

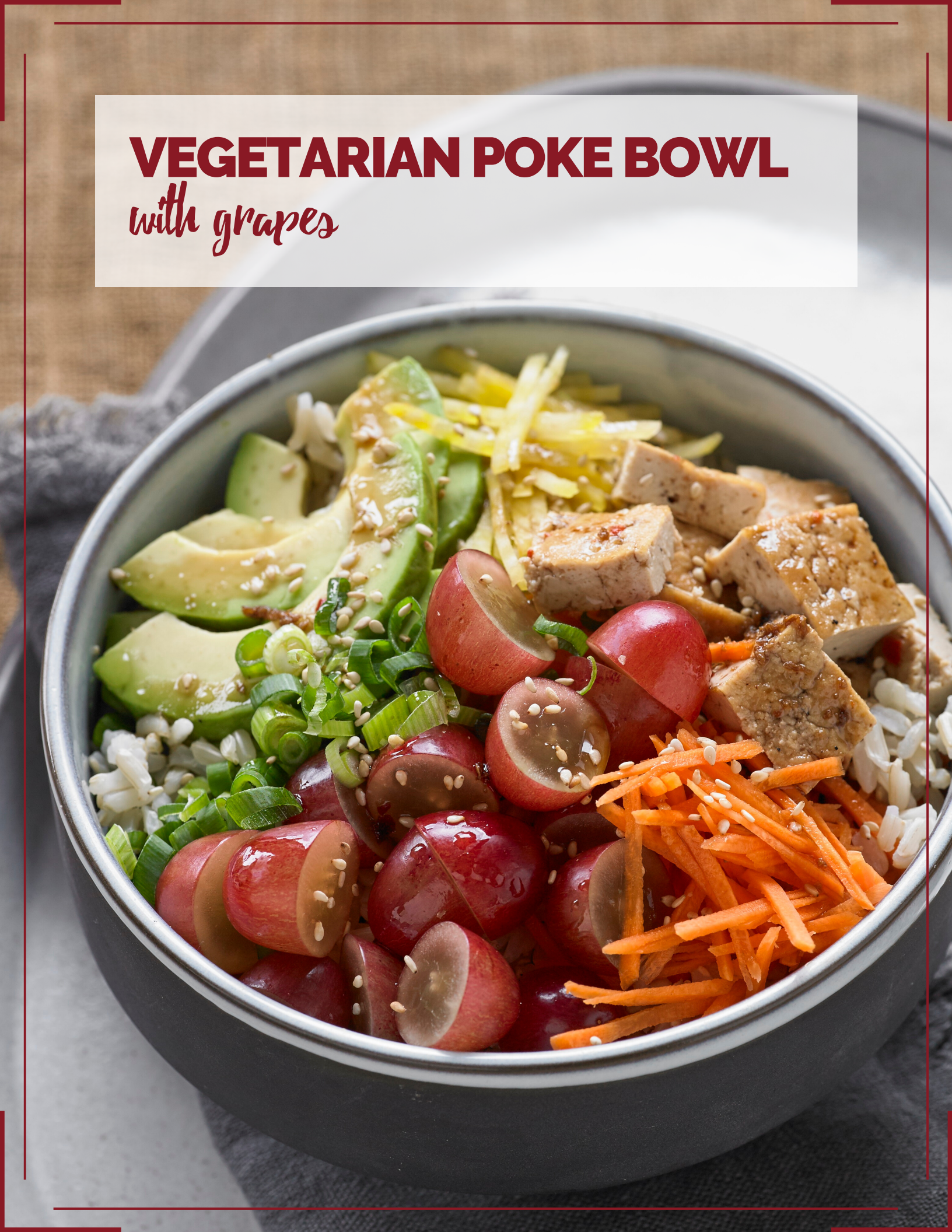
While the potatoes are roasting, heat the oil in a large skillet over medium-high heat. Add the onion and cook until softened and lightly browned, about 8 minutes. Stir in the turmeric, vinegar, salt, and pepper and cook 2 minutes longer. Stir in the grapes and turn off the heat.

When potatoes are done, cut off the top quarter of each potato and fluff the insides with a fork. Top with the onion mixture, pepitas, cilantro, and mint and sprinkle with feta. Serve.

Nutritional analysis per serving: Calories 220; Protein 6 g; Carbohydrate 34 g; Fat 8 g (33% Calories from Fat); Saturated Fat 2.5 g (10% Calories from Saturated Fat); Cholesterol 10 mg; Sodium 270 mg; Fiber 5 g

VEGETARIAN POKE BOWL

with grapes





makes 4 servings

ingredients

- 5 cups cooked brown or white jasmine rice, kept warm
- 2 (6-ounce) packages extra-firm tofu, cubed
- 2 cups halved red California grapes
- 1 avocado, pitted, peeled, and thinly sliced
- 1 large golden beet, peeled and shredded
- 1 large carrot, peeled and shredded with a vegetable peeler
- 2 scallions, thinly sliced
- Sprinkle of toasted sesame seeds
- 6 ounces light Asian ginger-sesame salad dressing

directions

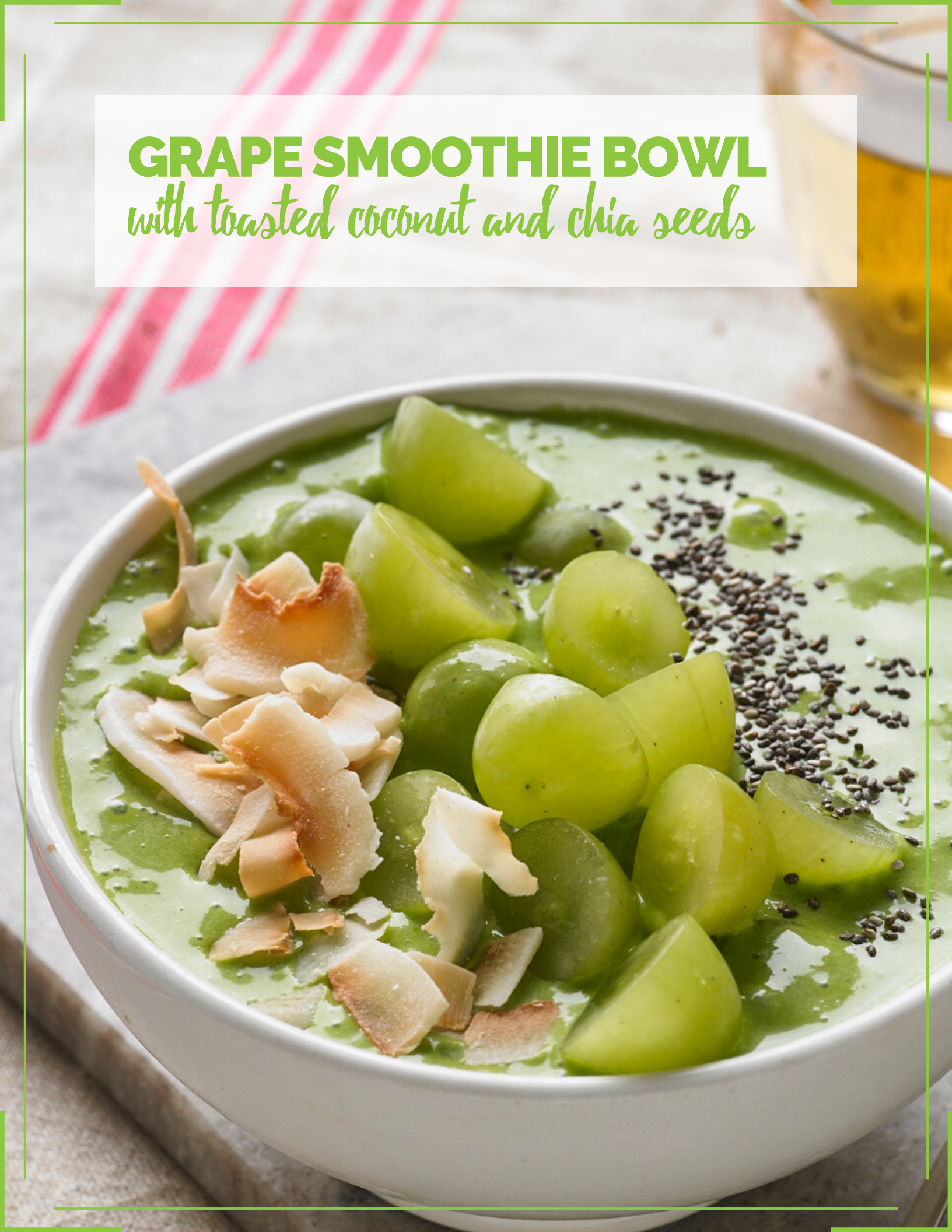
Divide the rice between 4 bowls and arrange the tofu, grapes, avocado, beets, and carrots on top.

Sprinkle with scallions and sesame seeds, and serve with the dressing.

Nutritional analysis per serving: Calories 620; Protein 19 g; Carbohydrate 101 g; Fat 17 g (25% Calories from Fat); Saturated Fat 2.5 g (4% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 450 mg; Fiber 11 g

GRAPE SMOOTHIE BOWL

with toasted coconut and chia seeds





makes 2 servings

ingredients

- 1/2 avocado
- 2 medium bananas, sliced and frozen
- 1 cup packed baby spinach
- 2 cups green California grapes (divided)
- 1 cup unsweetened almond milk
- 1 piece of fresh ginger (1-inch length), peeled and sliced (optional)
- Pinch of salt
- 1 tablespoon chia seeds
- 1 1/2 tablespoons toasted coconut chips

directions

In a blender, combine avocado, bananas, spinach, 1 cup of grapes, almond milk, ginger, and salt: blend until smooth.

Pour into 2 bowls.

Halve the remaining cup of grapes and place on top of the smoothie bowls along with the chia seeds and coconut chips.

Serve.

Nutritional analysis per serving: Calories 370; Protein 5 g; Carbohydrate 66 g; Fat 13 g (32% Calories from Fat); Saturated Fat 3.5 g (9% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 200 mg; Fiber 10 g

QUINOA SALAD

with grapes, almonds, and spinach





makes 4 servings

ingredients

- 1 cup multi-colored quinoa
- Salt
- 1/3 cup Orange Mustard Dressing (recipe follows)
- 1/2 cup slivered almonds
- 2 cups washed and dried baby spinach
- 4 scallions, finely chopped
- 3 cups green seedless California grapes, halved
- Freshly ground black pepper

ORANGE MUSTARD 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

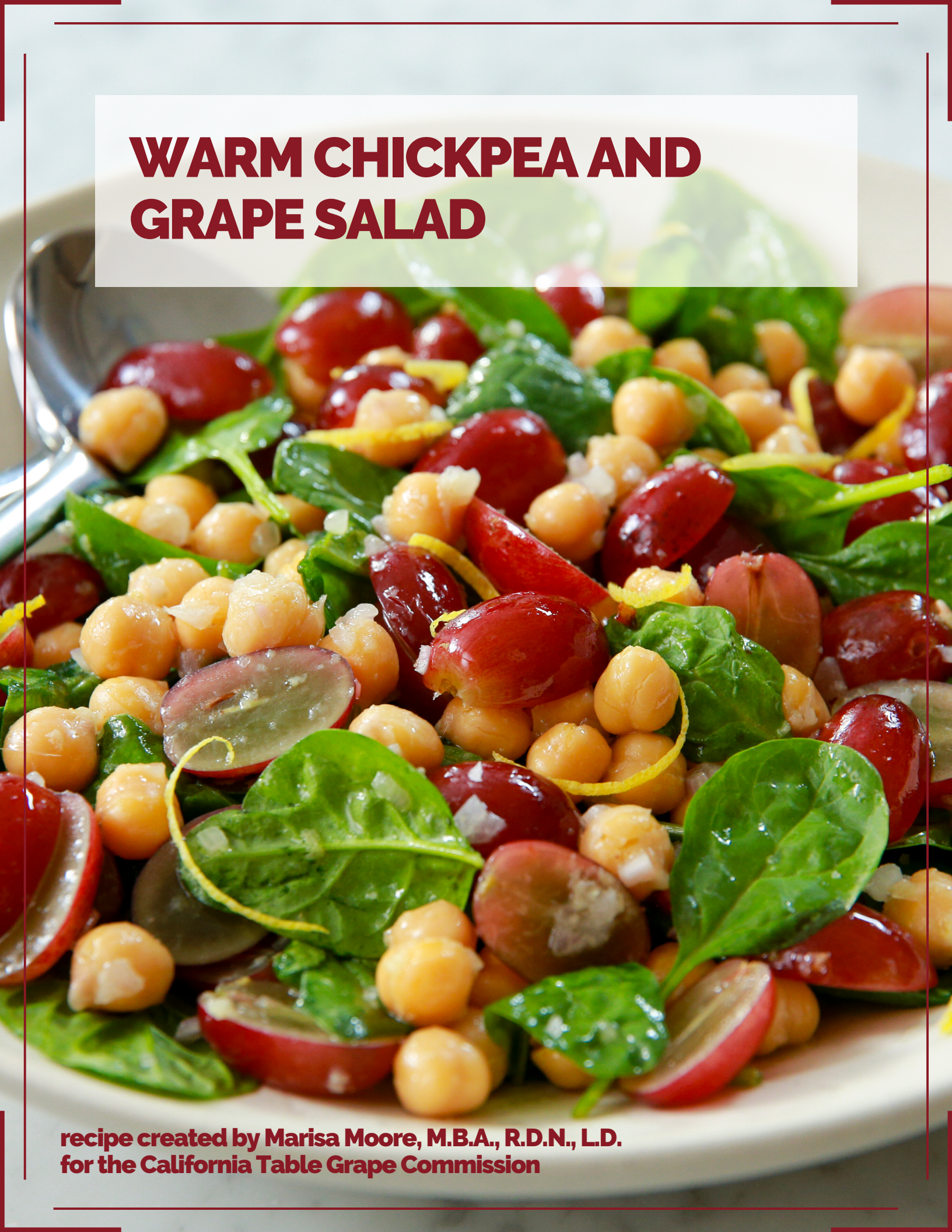
Preheat the oven to 350 F. Bring a medium pot of water to a boil and add the quinoa and season with salt. Simmer 9 minutes and drain well. Cool 10 minutes.

Meanwhile spread the almonds on a baking sheet and toast until golden, 6-8 minutes. Let cool.

Transfer the quinoa to a large bowl and stir in the dressing. Mix well and stir in the remaining ingredients. Season well with salt and pepper and serve at room temperature or chilled. Makes 6 cups.

Nutritional analysis per serving: Calories 311; Protein 8.5 g; Carbohydrate 46 g; Fat 12 g (35% Calories from Fat); Saturated Fat 1 g (3% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 193 mg; Fiber 6 g

WARM CHICKPEA AND GRAPE SALAD



recipe created by Marisa Moore, M.B.A., R.D.N., L.D.
for the California Table Grape Commission

ingredients

- 2 tablespoons extra-virgin olive oil
- 2 teaspoons grated fresh ginger
- 2 tablespoons minced shallots
- 1 (15-ounce) can chickpeas, rinsed and drained
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon coarse salt
- 1 cup halved red California grapes
- 1 cup baby spinach leaves



makes 2 entree salads

directions

In a large skillet, heat olive oil over medium heat.

Add the ginger and shallots, then lightly sauté until fragrant but not brown.

Add chickpeas to the skillet, being careful to pour away from yourself.

Gently stir to combine, then cook about 5 minutes until heated through.

Add the lemon juice and salt. Remove from the heat.

In a medium bowl, toss the warm chickpeas with the grapes and spinach. Serve warm.

Nutritional analysis per serving: Calories 400; Protein 9 g; Carbohydrate 57 g; Fat 16 g (36% Calories from Fat); Saturated Fat 2 g (4% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 370 mg; Fiber 9 g

GINGER SALMON RICE BOWL

with grapes





makes 4 servings

ingredients

- 4 boneless salmon fillets (3 ounces each), skin on
- Kosher salt
- Freshly ground black pepper
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon grated fresh ginger
- 1 tablespoon honey
- 2 teaspoons extra-virgin olive oil
- 2 cups mixed green and red California grapes, halved
- 2 scallions, thinly sliced diagonally
- 4 cups hot cooked brown rice
- 2 cups finely shredded green cabbage
- 1 teaspoon sesame seeds
- Reduced-sodium soy sauce (optional)

directions

Heat a grill to high and oil the grates. Sprinkle the salmon with salt and pepper; set aside.

In a small saucepan, combine the rice vinegar, ginger, honey and olive oil and bring to a simmer over high heat. Stir in the grapes and scallions, and season with salt and pepper. Set aside off the heat.

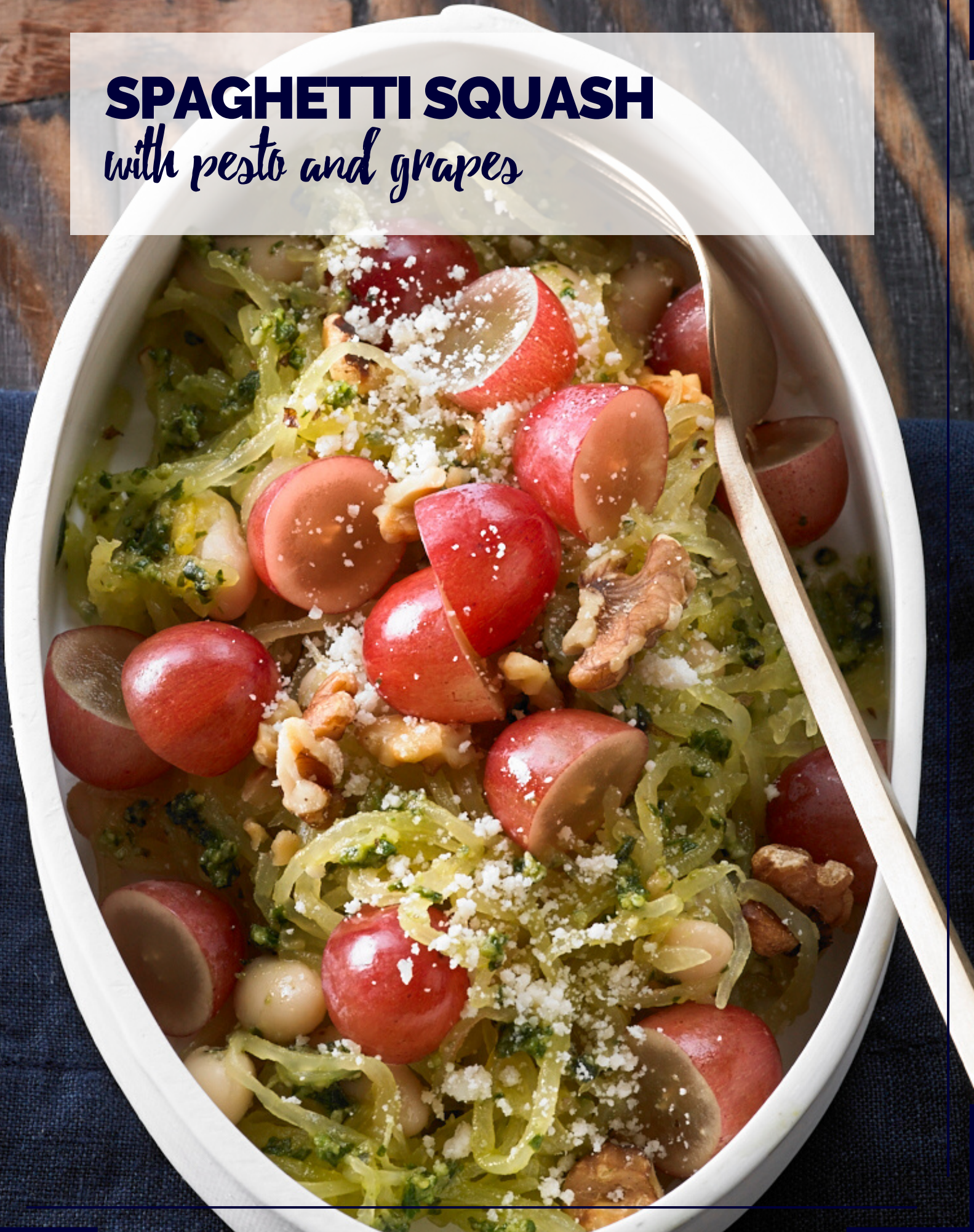
Grill the salmon skin side up for 5-6 minutes. Turn and grill another 2-3 minutes or until salmon reaches desired doneness.

Divide the rice among four bowls and top with the cabbage and salmon. Spoon the grape mixture over top and sprinkle with sesame seeds. Serve with soy sauce, if desired.

Nutritional analysis per serving: Calories 487; Protein 23 g; Carbohydrate 69 g; Fat 13 g (24% Calories from Fat); Saturated Fat 3 g (6% Calories from Saturated Fat); Cholesterol 43 mg; Sodium 301 mg; Fiber 6 g

SPAGHETTI SQUASH

with pesto and grapes





makes 6 servings

ingredients

- 1 large spaghetti squash
- 1/3 cup extra-virgin olive oil (divided)
- 1/2 cup chopped walnuts (divided)
- 2 cloves garlic
- 2 cups packed basil leaves
- 1 cup packed arugula
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1/3 cup freshly grated Parmesan cheese
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 1 cup cannellini beans, rinsed and drained
- 1 1/2 cups halved red California grapes

directions

Heat oven to 400 F. Cut the squash in half lengthwise and remove the seeds. Poke shallow holes in the skin on the squash with a fork, then brush the squash with 1 tablespoon of olive oil and place it, cut side down, in a rimmed baking dish. Bake for 30-40 minutes or until tender.

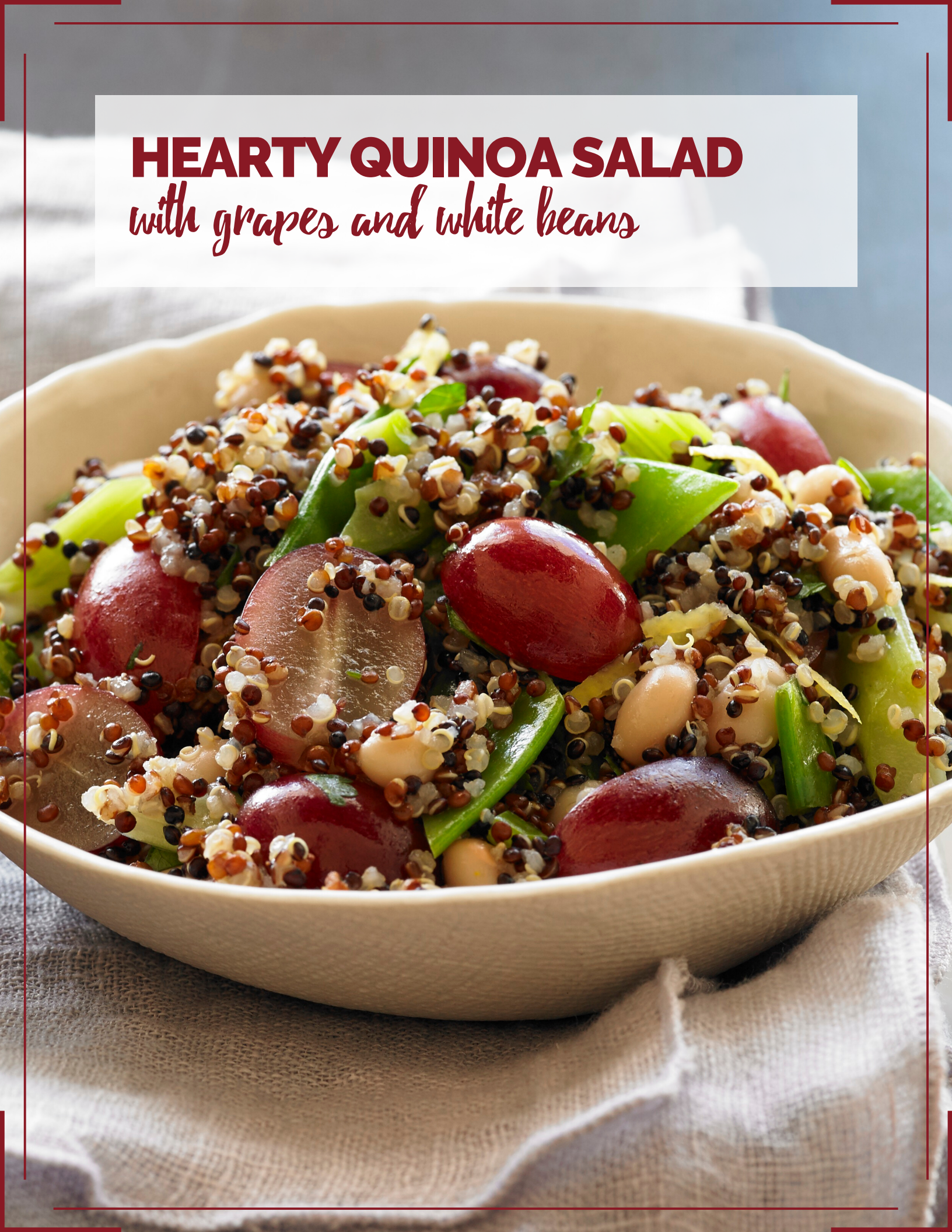
While the squash is cooking, make the pesto. Add 1/4 cup of walnuts, the garlic, basil, arugula, lemon juice, and lemon zest to the food processor; process until well chopped. Add the remaining olive oil, Parmesan, salt, and pepper, and process until well blended.

Once the squash is done baking, remove from oven. Cool the squash for 5-10 minutes and then, using a fork, scrape the inside flesh of the squash, removing the "spaghetti" and placing it in a large bowl. Add the pesto and beans to the cooked squash, and toss gently with tongs to combine. Divide equally into 6 bowls, and top each with 1/4 cup of grapes and 2 teaspoons of chopped walnuts.

Nutritional analysis per serving: Calories 290; Protein 7 g; Carbohydrate 24 g; Fat 20 g (62% Calories from Fat); Saturated Fat 3 g (9% Calories from Saturated Fat); Cholesterol 5 mg; Sodium 160 mg; Fiber 6 g

HEARTY QUINOA SALAD

with grapes and white beans





makes 4 servings

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 15 minutes or to desired doneness. Drain any remaining liquid.

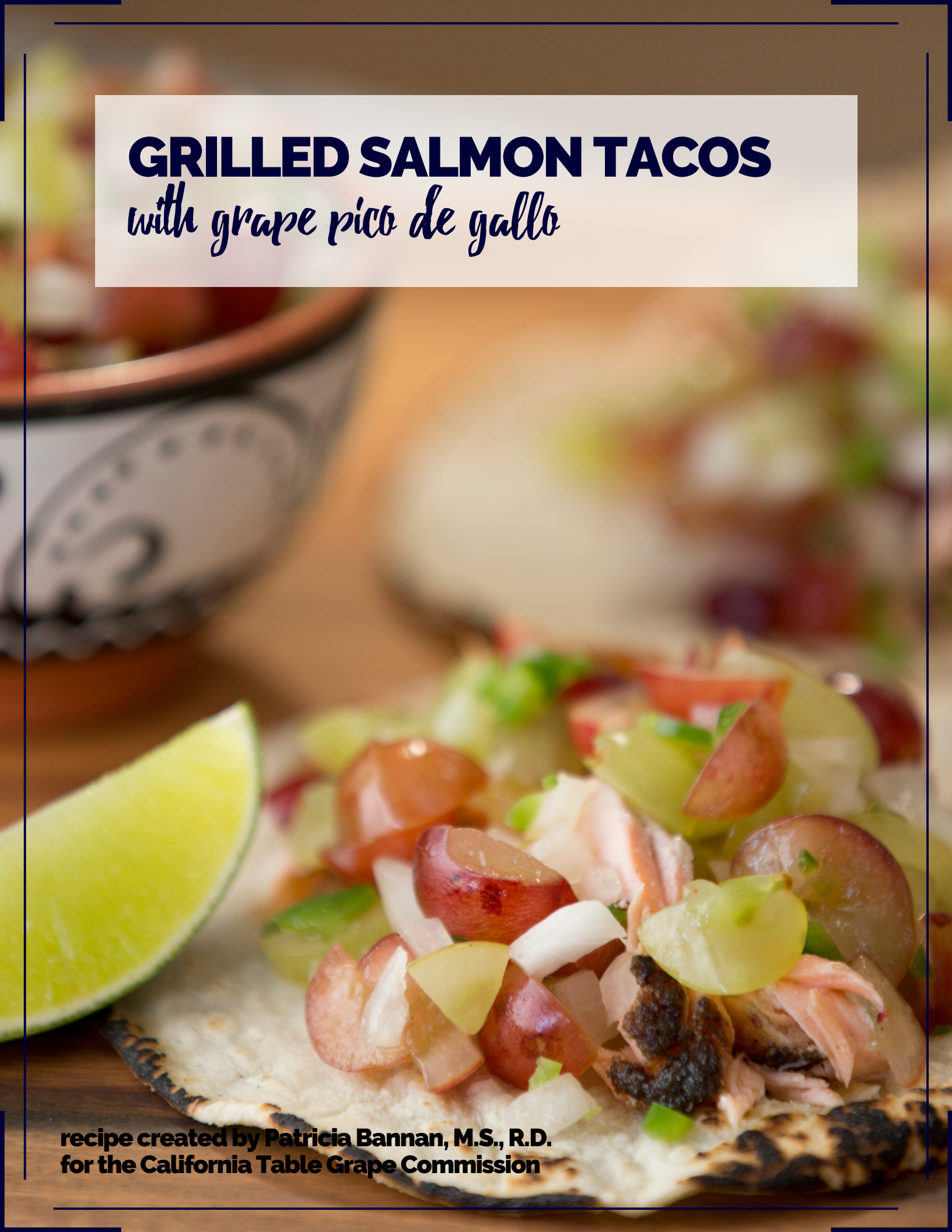
Add 1/2 cup of dressing to hot cooked quinoa; mix well and cool. Add grapes, pea pods, white beans, celery, cilantro, and peppers; mix with the remaining 1/2 cup of dressing and set aside.

Chill until ready to serve.

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

GRILLED SALMON TACOS

with grape pico de gallo



recipe created by Patricia Bannan, M.S., R.D.
for the California Table Grape Commission



makes 4 servings

ingredients

- 1 cup red seedless California grapes, chopped
- 1 cup green seedless California grapes, chopped
- 1/4 cup finely chopped white onion
- 1/2 jalapeño, seeded and diced
- Small pinch salt
- 1 pound salmon fillets
- As needed olive oil
- To taste pepper
- 12 small corn tortillas
- 2 limes, cut into wedges

directions

Prepare a grill for cooking over medium heat.

Put the grapes, onion, and jalapeño in a medium bowl. Season with salt and toss lightly. Cover and chill while you prepare the salmon.

Brush the salmon lightly with olive oil, then season with salt and pepper. Grill for 4-5 minutes on each side, or until it's cooked to your liking. Remove the salmon and keep it warm. Heat the tortillas briefly on the grill in batches until warmed.

To serve, coarsely chop the salmon and divide it between the tortillas. Top each taco with a heaping tablespoon of grape pico de gallo and serve with lime wedges.

Nutritional analysis per serving (3 tacos per serving): Calories 347; Protein 27 g; Carbohydrate 46 g; Fat 7 g; (18% Calories from Fat); Cholesterol 59 mg; Sodium 298 mg; Potassium 611 mg; Fiber 5 g



a little bit of *California* in every grape

There's just something about California...something that makes the Golden State so sublime. It's the climate of hot sunny days and crisp cool nights. It's the very earth itself: rich fertile soil nourished by clear mountain waters.

More than 99 percent of commercially grown grapes in the United States are produced in California. Among the more than 90 varieties grown, California grapes are available in red, green, and black, are available seeded and seedless, and are grown via traditional and organic methods.

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.

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