



Super Salads *with grapes*

A COLLECTION OF DELICIOUS SALAD RECIPES
FEATURING GRAPES FROM CALIFORNIA



Super Salads *with grapes*

When it comes to salad-making, add grapes to the mix for a unique signature ingredient. This versatile fruit brings color, crunch, and a fresh burst of flavor to salads of all kinds. With delicate sweetness and a refreshing, crisp texture, grapes from California complement a wide variety of ingredients and dressings. Grapes are also easy to work with – just rinse, slice, and toss them in. For superb salads, adding grapes is a brilliant choice! Super Salads for Everyday Living is a collection of recipes featuring grapes from California in a variety of delicious salads. Enjoy!

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GOLDEN BEET AND GRAPE SALAD



ingredients

- 1/2 pound raw yellow beets (3 medium), peeled
- 2 cups red California grapes, halved
- 3 tablespoons orange juice
- 2 tablespoons minced shallots
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 2 teaspoons fresh tarragon, chopped
- 1 teaspoon honey
- Kosher salt
- Freshly ground black pepper
- 1 head purple endive or butter lettuce, leaves rinsed, dried, and separated



makes 8 servings

directions

Grate the beets in a food processor fitted with the shredding blade, or by hand. Combine the shredded beets with the grapes.

In a small bowl, mix the orange juice, shallots, olive oil, lemon juice, tarragon, and honey, and season with the salt and pepper if desired.

Pour the dressing over the beet and grape mixture and mix well.

Line 8 serving plates with the endive or lettuce leaves, divide the salad among them, and serve.

Nutritional analysis per serving: Calories 73; Protein 2 g; Carbohydrate 14 g; Fat 2 g (25% Calories from Fat); Saturated Fat 0.3 g (4% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 183 mg; Fiber 3 g

COASTAL SALAD

with grapes and shrimp



ingredients

- 1 pound large pink bay shrimp
- 1 cup seedless California grapes, quartered
- 1/2 cup celery, chopped
- 1/2 cup water chestnuts, chopped
- 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
- 2 avocados, halved, pitted, and peeled (optional)



makes 4 entree servings

directions

In a medium bowl, combine the shrimp, grapes, celery, water chestnuts, and sliced whites of the green onion.

In a small bowl, combine the mayonnaise, sherry, salt, pepper, sesame oil, and dry mustard.

Gently mix with the shrimp and grape mixture.

Sprinkle with the sliced green part of the onion and sesame seeds.

Refrigerate until ready to serve. Serve on an avocado half or on a bed of leafy greens.

Nutritional analysis per entree serving (without avocado): 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

PASTA WITH GRAPES, BLUE CHEESE, AND SPINACH



ingredients

- 12 ounces fusilli or other short pasta
- 1/2 cup crumbled blue cheese plus additional for garnish
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons lemon juice
- 1 tablespoon rice vinegar
- 1 teaspoon grated lemon zest
- 1 teaspoon honey
- 1 small garlic clove, minced
- 1/3 cup extra-virgin olive oil
- 1/4 teaspoon each kosher salt and finely ground black pepper
- 3 cups red California grapes, halved
- 3 scallions, thinly sliced
- 4 cups baby spinach



makes 6 servings

directions

Cook the pasta in boiling salted water in a large pot until al dente. Drain and reserve.

While the pasta is cooking, whisk together the blue cheese, Parmesan cheese, lemon juice, vinegar, zest, honey, garlic, olive oil, and salt and pepper in a medium bowl.

In a large bowl, combine the pasta, grapes, chicken (if using), scallions, and blue cheese mixture. Toss to mix, add the spinach, and toss again.

Serve with additional blue cheese sprinkled on top.

Nutritional analysis per serving: Calories 430; Protein 10 g; Carbohydrate 60 g; Fat 17 g (36% Calories from Fat); Saturated Fat 4 g (8% Calories from Saturated Fat); Cholesterol 10 mg; Sodium 220 mg; Fiber 3 g

CHICKEN SALAD

with pecans and grapes



ingredients

- 2 cups chicken breast meat, cooked and chopped
- 1 1/2 cups California grapes, halved
- 1/4 cup pecans, toasted and coarsely chopped
- 1/2 cup green onions, thinly sliced
- 1/4 cup celery, chopped
- 2 tablespoons fresh basil, chopped
- 1/2 cup light mayonnaise
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper



makes 6 servings

directions

Combine all the salad ingredients in a bowl and mix well.

Nutritional analysis per serving: Calories 187; Protein 15 g; Carbohydrate 13 g; Fat 9g (44% Calories from Fat); Saturated Fat 1 g (5% Calories from Saturated Fat); Cholesterol 43 mg; Sodium 401 mg; Fiber 1 g

ROASTED SQUASH AND GRAPE SALAD

with pesto



ingredients

- 24 ounces cubed butternut squash (1 1/2-inch pieces)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh rosemary, chopped
- Kosher salt and freshly ground black pepper
- 2 tablespoons reduced-fat prepared pesto
- 1 1/2 cups red or green California grapes, halved
- 4 ounces bocconcini, drained and quartered
- 4 cups arugula



makes 4 servings

directions

Preheat oven to 425 F.

Place the squash on a sheet pan with sides and drizzle with the olive oil, rosemary, salt, and pepper. Mix well and roast until the squash is browned and soft (about 25-30 minutes), turning after 15 minutes.

In a large bowl, combine the warm squash with the pesto; add the grapes and cheese, and gently toss.

Divide the arugula among 4 serving plates, top with the squash mixture, and serve.

Nutritional analysis per serving: Calories 264; Protein 8 g; Carbohydrate 33 g; Fat 13 g (44% Calories from Fat); Saturated Fat 5 g (17% Calories from Saturated Fat); Cholesterol 25 mg; Sodium 223 mg; Fiber 5 g

LAYERED LATIN SALAD JARS



ingredients

SALAD

- 1 pound chicken breast (about 3 cups), cooked and diced
- 2 cups red California grapes, halved
- 2 cups jicama, diced
- 4 cups romaine, chopped
- 1/4 cup cotija cheese, crumbled
- 1 avocado, peeled, pitted, and diced
- 2 scallions, thinly sliced
- 1/4 cup pepitas, toasted



makes 4 servings

CILANTRO JALAPEÑO VINAIGRETTE

- 1/4 cup cider vinegar
- 1/4 cup coarse grain mustard
- 2 tablespoons pickled jalapeño, chopped
- Pinch each kosher salt and freshly ground black pepper
- 1/2 cup extra-virgin olive oil

directions

In a small jar with a tightly fitting lid, combine all the ingredients for the dressing and shake until well combined.

Divide among 4 wide-mouth quart jars.

Top with the chicken, grapes, jicama, romaine, cotija, avocado, scallions, and pepitas, dividing equally.

Cover with lids and refrigerate until serving time. Shake and pour into a bowl to serve.

Nutritional analysis per serving: Calories 690; Protein 42 g; Carbohydrate 27 g; Fat 45 g (59% Calories from Fat); Saturated Fat 8g (10% Calories from Saturated Fat); Cholesterol 105 mg; Sodium 620 mg; Fiber 9 g

QUINOA AND GRAPE CURRY SALAD



ingredients

SALAD

- 2 1/2 cups water
- 1 cup brown or red quinoa, well-rinsed
- 1 teaspoon kosher salt
- 2 cups green and red seedless California grapes, halved
- 2 stalks celery, thinly sliced
- 1/2 cup walnuts, toasted and chopped
- 3 large radishes, thinly sliced
- 3 each scallions (white and green parts), thinly sliced
- 2 tablespoons fresh dill, chopped
- 1 jalapeño, seeded and minced

CURRY VINAIGRETTE

- 1 garlic clove, minced
- 1 teaspoon kosher salt
- 2 teaspoons curry powder
- 3 tablespoons white wine vinegar
- 1/3 cup extra-virgin olive oil
- 1/4 teaspoon freshly ground black pepper

directions

Bring the water and salt to a boil in a medium saucepan and stir in the quinoa. Lower the heat, cover, and simmer until the quinoa is tender (about 12-15 minutes). Drain any excess water. Transfer the quinoa to a large bowl and stir in the grapes, celery, walnuts, radishes, scallion, dill, and jalapeño.

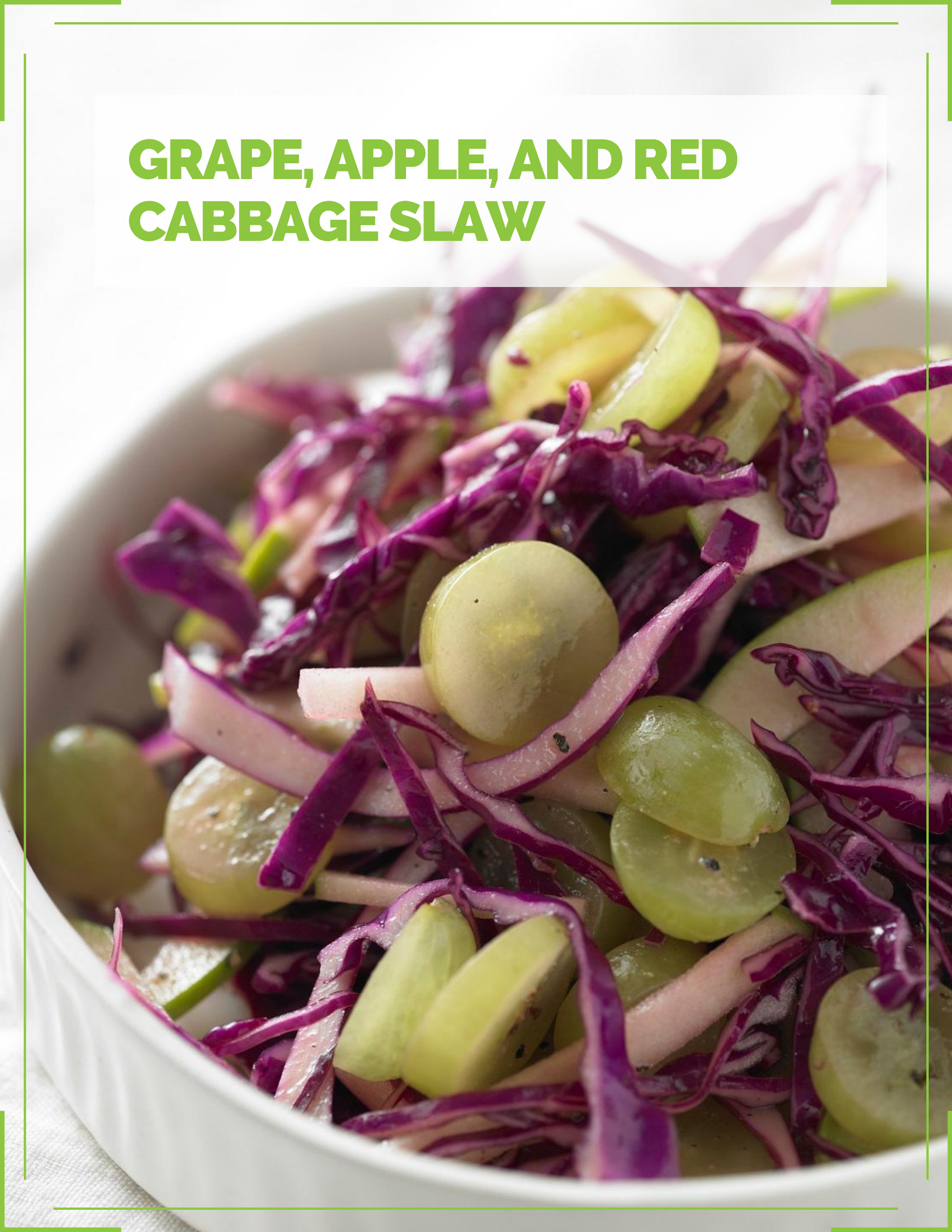
To make the vinaigrette: In a small bowl, mash the garlic and salt together until it becomes a paste. Add the curry, vinegar, olive oil, and pepper; mix well and pour over the quinoa salad.



makes 6 servings

Nutritional analysis per serving: Calories 325; Protein 7.4 g; Carbohydrate 33 g; Fat 20 g (53% Calories from Fat); Cholesterol 0 mg; Sodium 661 mg; Fiber 3.84 g

GRAPE, APPLE, AND RED CABBAGE SLAW



ingredients

- 1/2 small head red cabbage (about 1 pound), finely shredded
- 2 cups green seedless California grapes, halved
- 1 Granny Smith apple, julienned
- 1/4 cup cider vinegar
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper



makes 8 servings

directions

In a large bowl, combine the cabbage, grapes, and apple.

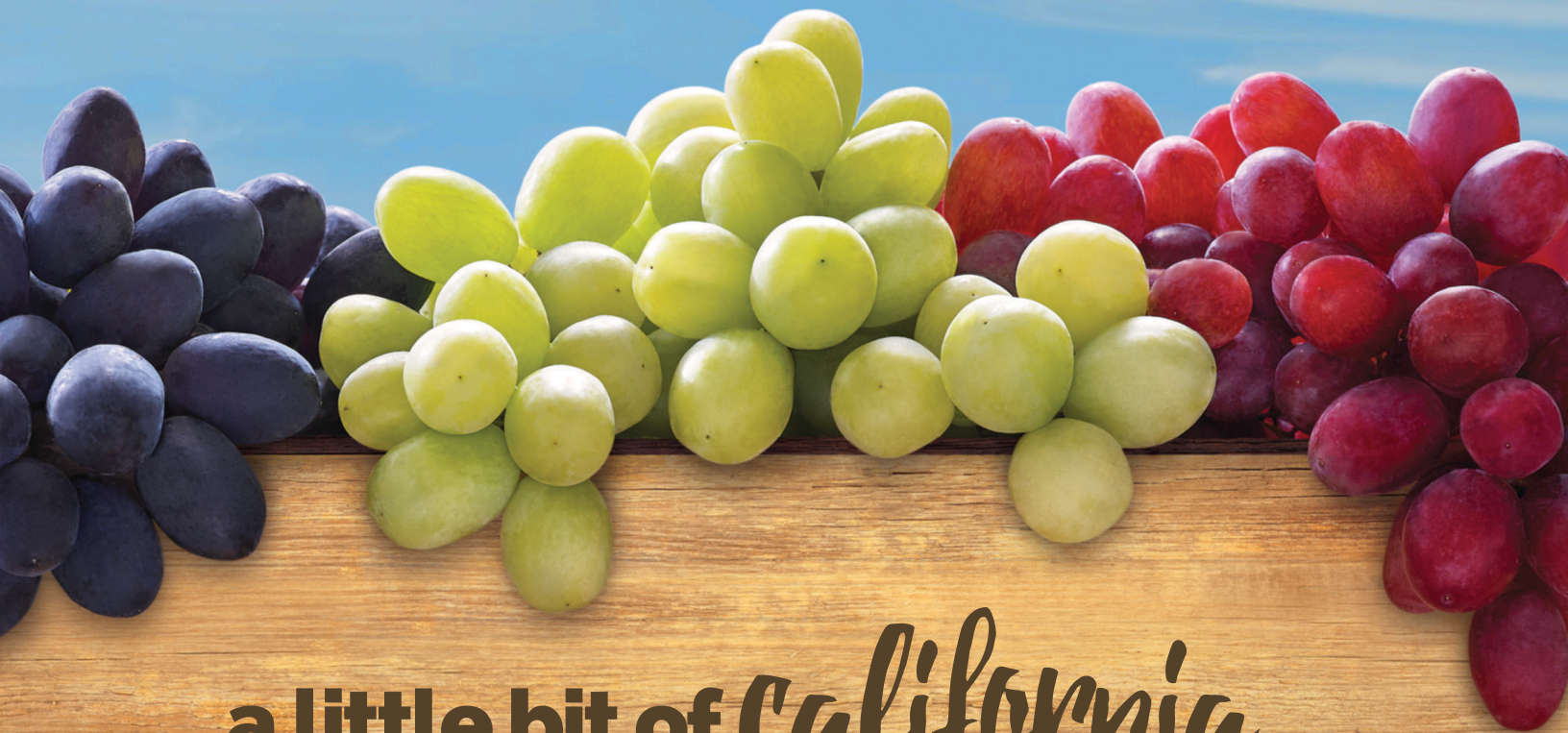
In a small jar, combine the vinegar, honey, mustard, and olive oil.

Shake well and pour over the cabbage mixture.

Season heavily with both salt and pepper and let stand 30 minutes at room temperature.

Serve room temperature or chilled.

Nutritional analysis per serving: Calories 91; Protein .8 g; Carbohydrate 15 g; Fat 4 g (34% Calories from Fat); Cholesterol 0 mg; Sodium 128 mg; Fiber 1.7 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 80 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, healthy, and full of flavor.



GO WITH
GRAPES®