



eating for *immune health*

A COLLECTION OF RECIPES THAT MAY SUPPORT IMMUNE
HEALTH FEATURING GRAPES FROM CALIFORNIA



The background of the entire page features three bowls of grapes. A large bowl of red grapes is at the top right. A bowl of green grapes is on the left side. A bowl of blue grapes is at the bottom center. The text is overlaid on these images.

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.

GRAPES AND IMMUNE FUNCTION

Enjoy this collection of recipes that may help support a healthy immune system. Studies show that grapes are linked to benefits in multiple areas of health, including support for immune health. Each recipe contains at least three ingredients that are thought to support immune health, including foods that deliver vitamin A, C, D, E, selenium, or zinc, as well as whole grains and polyphenols, including resveratrol.

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

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A top-down view of an Asian noodle salad served in a rustic wooden bowl. The salad consists of long, thin, yellow noodles coated in a light dressing. It is garnished with several halved red grapes, shredded green cabbage, sliced green onions, and pieces of cooked chicken. The bowl has a natural, uneven wooden texture and is set against a dark background.

ASIAN NOODLE SALAD

with chicken and grapes

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



makes 6 servings

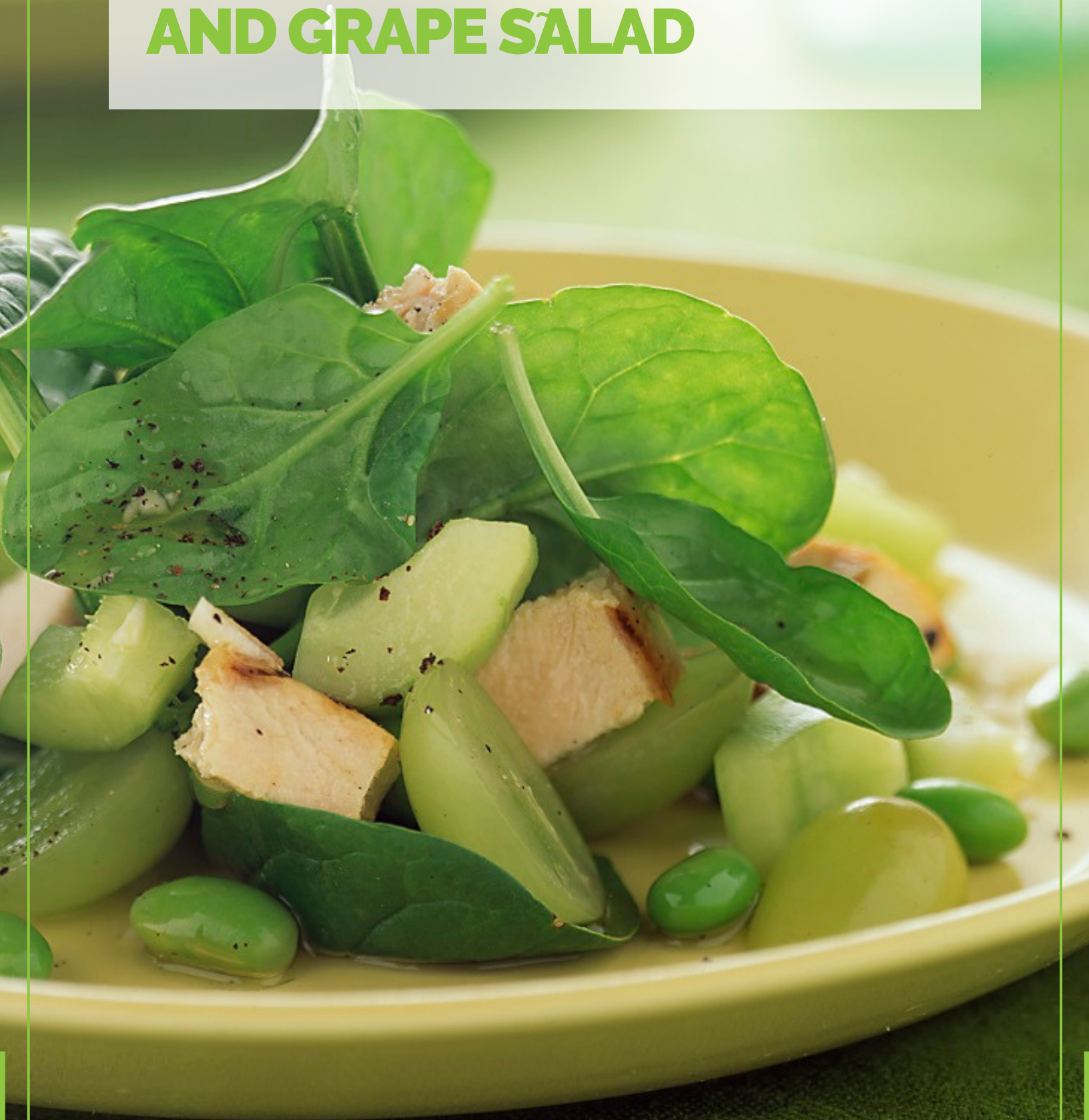
directions

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

ASIAN SPINACH AND GRAPE SALAD



ingredients

- 4 cups washed fresh spinach
- 2 boneless skinless chicken breasts, grilled and then diced
- 1 cup peeled, seeded cucumber, in half-inch chunks
- 1 cup green California seedless grapes, halved
- 1/2 cup frozen shelled soybeans (edamame), thawed



makes 4 servings

SWEET GINGER DRESSING

- 1/2 cup seasoned rice vinegar
- 1 clove fresh garlic, minced or pressed
- 1 tablespoon minced candied ginger
- 4 tablespoons vegetable oil
- 1/2 teaspoon toasted sesame oil

directions

Combine all of the dressing ingredients in a blender and mix until smooth.

In a large bowl, combine the spinach, chicken, cucumber, grapes and soybeans. Toss with the dressing and add salt and pepper if desired. Plate and serve immediately.

Nutritional analysis per serving: Calories 427; Protein 38 g; Carbohydrate 25 g; Fat 21 g (43% Calories from Fat); Saturated Fat 3 g (6% Calories from Saturated Fat); Cholesterol 68 mg; Sodium 718 mg; Fiber 3 g.

CHICKEN BURRITO BOWL

with green chile-lime dressing



**recipe created by Malena Perdomo, M.S., R.D., C.D.E.
for the California Table Grape Commission**

ingredients

GREEN CHILE-LIME DRESSING

(makes 3/4 cup)

- 1 garlic clove
- 1 (4-ounce) can diced green chiles
- 2 tablespoons fresh lime juice
- 1 teaspoon honey
- 1/4 teaspoon ground cumin
- 1/2 jalapeño, seeded, stemmed
- 1 tablespoon chopped fresh cilantro
- Ground sea salt, to taste

- 1 cup cooked long grain brown rice
- 1 tablespoon chopped fresh cilantro
- 1/2 cup white corn kernels, fresh or frozen
- 1 (15-ounce) can reduced-sodium black beans with liquid
- 1 tablespoon chopped onion
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon cumin
- 1/8 teaspoon ground black pepper
- 1/2 cup diced red bell pepper
- 4 ounces grilled skinless chicken, diced (about 3/4 cup)
- 3/4 cup halved red California grapes

directions

Blend garlic, chiles, lime juice, honey, cumin, jalapeno, cilantro, and salt in a blender until smooth. Set aside and chill until ready to use.

In a small mixing bowl, mix together rice and cilantro; set aside. In a small saucepan, warm corn until thoroughly heated. In a separate saucepan, combine black beans with chopped onions, garlic powder, paprika, cumin, and black pepper. Stir and cook over low heat for 5 minutes to warm.

To serve: Place 1/2 cup of rice and 1/2 cup of black bean mixture in each bowl. Divide the rest of the ingredients between the two bowls in separate piles: corn; bell pepper; and chicken. Top with grapes, then finish with a drizzle of dressing.

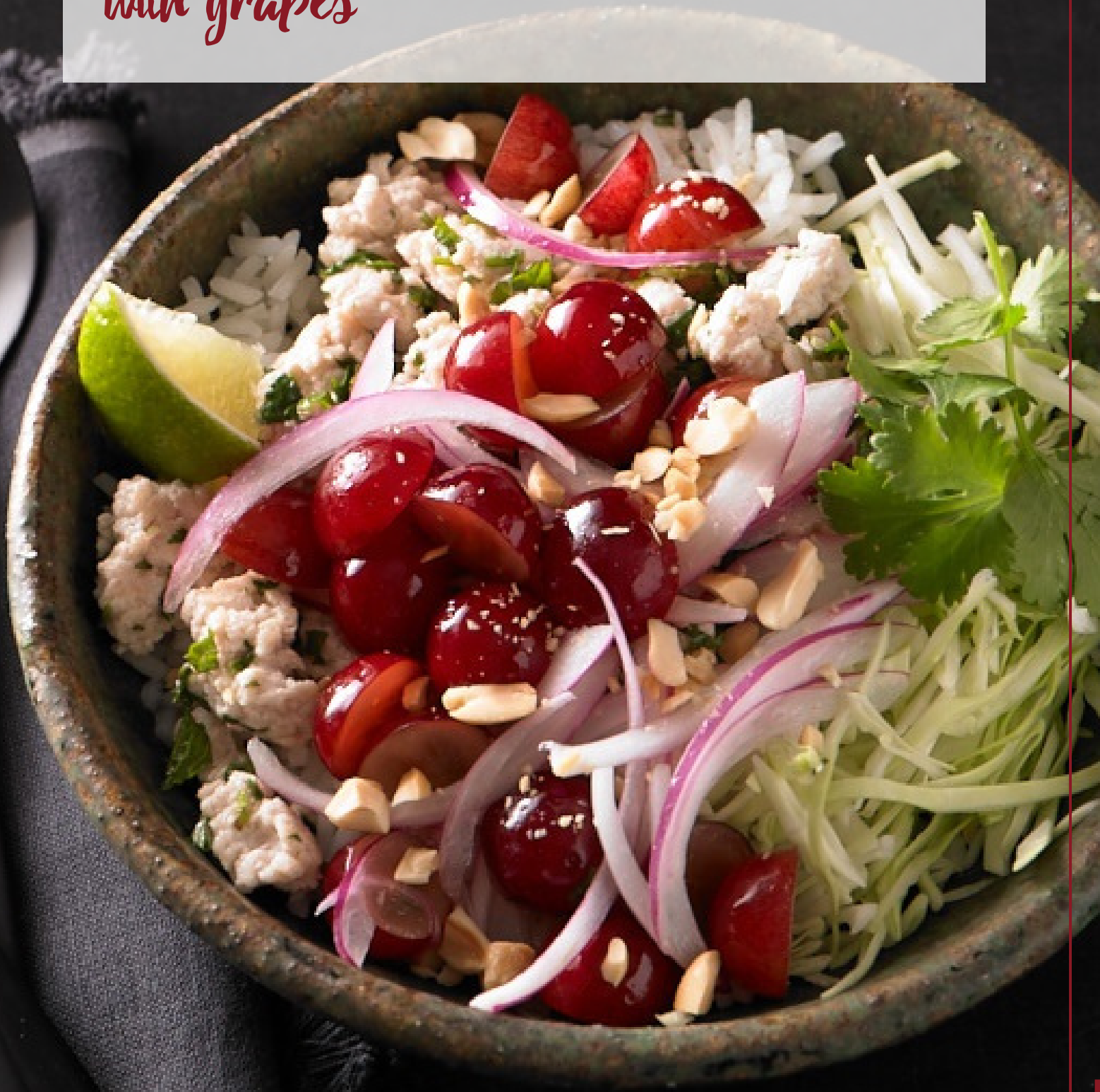


makes 2 bowls

Nutritional analysis per serving: Calories 410; Protein 39 g; Carbohydrate 70 g; Fat 3.5 g (4% Calories from Fat); Saturated Fat 1 g (5% Calories from Saturated Fat); Cholesterol 60 mg; Sodium 220 mg; Fiber 13 g.

CHICKEN LARB

with grapes



ingredients

- 1/2 red onion, thinly sliced
- 2 cups halved red California grapes
- 2 tablespoons rice vinegar
- 2 tablespoons vegetable oil
- 1 pound ground chicken
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1-2 Thai chilies, thinly sliced
- 2 teaspoons fish sauce
- 3 tablespoons lime juice
- 1/4 cup coarsely chopped cilantro
- 3 tablespoons coarsely chopped mint leaves
- 4 cups steamed jasmine rice
- 2 cups shredded green cabbage
- 2 tablespoons chopped roasted and salted peanuts



makes 4 servings

directions

In a medium bowl, combine the onion, grapes, and rice vinegar; set aside while cooking the chicken.

In a large skillet, heat the oil over medium-high heat. Add the chicken and cook, stirring frequently until just cooked through, about 6-7 minutes. Season chicken with salt and pepper. Stir in the chiles, fish sauce, lime juice, cilantro, and mint.

Divide the rice between 4 serving dishes and top with the chicken, cabbage, and the marinated onion and grape mixture; sprinkle with peanuts.

Nutritional analysis per serving: Calories 540; Protein 26 g; Carbohydrate 65 g; Fat 19 g (32% Calories from Fat); Saturated Fat 3.5 g (6% Calories from Saturated Fat); Cholesterol 100 mg; Sodium 480 mg; Fiber 3 g.

CHICKEN, SPINACH, AND GRAPE PITA



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



makes 4 servings

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

FARRO WITH ARUGULA AND GRAPES *and Pesto Lemon Vinaigrette*



recipe created by Katie Cavuto, MS, RD
for the California Table Grape Commission

ingredients

- 2 cups water
- 1 cup farro
- 3 cups baby arugula
- 2 cups green California grapes, halved
- 1/2 cup walnut pieces

PESTO VINAIGRETTE

- 1/2 cup fresh basil leaves
- 1/2 cup chives
- 1 clove garlic
- 1/2 extra-virgin olive oil
- 1/4 cup lemon juice
- 1/4 cup white wine vinegar
- 1 tablespoon lemon zest
- Sea salt and freshly ground pepper to taste



makes 4 servings

directions

Combine farro and water in a medium sized saucepan over high heat. Bring to a boil then cover and simmer for 20-25 minutes. Drain and cool.

Meanwhile, in a blender, combine the vinaigrette ingredients.

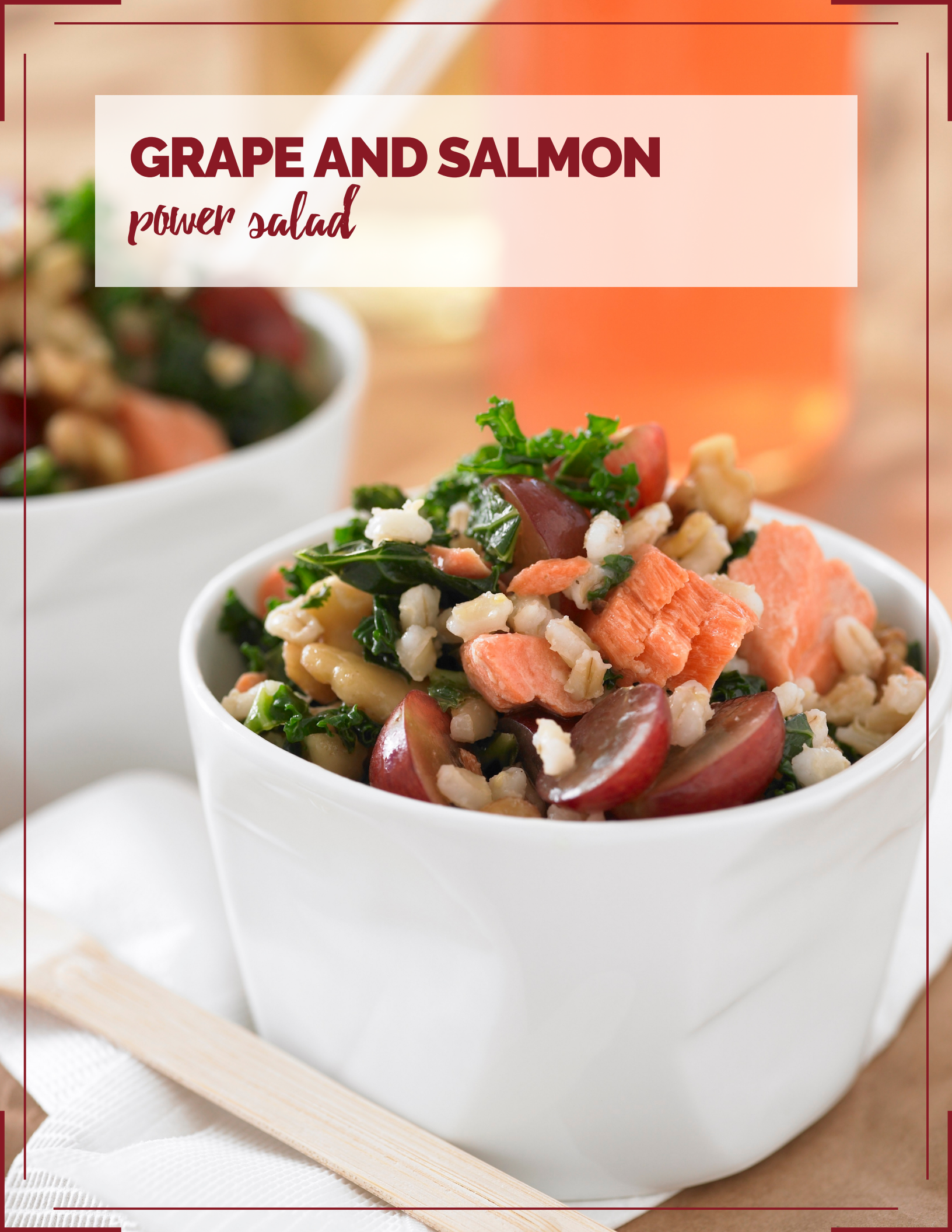
Toss the farro with the ½ cup dressing, baby arugula, grapes and walnut pieces.

Serve cold.

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

GRAPE AND SALMON

power salad



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



makes 6 servings

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

GRAPE SMOOTHIE BOWL

with toasted coconut and chia seeds



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



makes 2 servings

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

GRAPE, MANGO, AND COCONUT SOBA SALAD



ingredients

- 1/4 cup rice vinegar
- 2 tablespoons lime juice
- 1 1/2 tablespoons fish sauce
- 1 tablespoon honey
- 1 teaspoon Asian chili sauce
- 1 garlic clove, minced
- 1/4 cup dried unsweetened coconut
- 8 ounces dried buckwheat soba noodles
- 2 cups halved red California grapes
- 1/2 large mango, peeled and julienned (1 cup)
- 2 cups shredded green cabbage
- 1 large carrot, shredded
- 1/4 cup chopped cilantro
- 1/4 cup chopped basil
- 1/4 cup chopped mint
- 1/4 cup chopped roasted and salted peanuts



makes 4 servings

directions

Whisk together the vinegar, lime juice, fish sauce, honey, chili sauce and garlic clove in a small bowl and set aside. Toast the coconut in a small skillet over medium heat until golden, about 3-4 minutes. Transfer to a small bowl and set aside.

Bring a large pot of water to a boil, add the soba noodles and cook until al dente, about 4 to 5 minutes. Drain and rinse with cold water until cool. Drain very well and transfer to a large bowl. Add the grapes, mango, cabbage, carrot, cilantro, basil, and mint to the noodles; add the dressing and toss. Divide among 4 bowls or plates and sprinkle with the coconut and peanuts. Serve.

Nutritional analysis per serving: Calories 400; Protein 13 g; Carbohydrate 75 g; Fat 9 g (20% Calories from Fat); Saturated Fat 4 g (9% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 1040 mg; Fiber 5 g.



GREEK CHICKEN AND GRAPE SALAD *with lemon tahini dressing*

ingredients

CREAMY LEMON TAHINI DRESSING

- 1/4 cup tahini
- 2 tablespoons lemon juice
- 1/2 teaspoon lemon zest
- 1 tablespoon white wine vinegar
- 1/4 cup water
- 1 clove garlic
- 1 teaspoon honey
- 1/4 teaspoon kosher salt

- 1 pound boneless, skinless chicken breasts, pounded to uniform thickness
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt
- Coarse ground pepper to taste
- 1/3 English cucumber, trimmed, quartered and cut into 1/2-inch pieces (about 1 cup)
- 1 1/3 cups halved red California grapes
- 1/2 cup chopped scallion, green part only
- 2 ounces feta cheese, crumbled
- 3/4 cup chickpeas, rinsed and drained
- 1 cup hummus
- 16 romaine heart leaves
- 1 large whole wheat pita round, quartered

directions

In a blender, combine tahini, lemon juice, lemon zest, vinegar, water, garlic, honey, and salt; puree and set aside.

Heat grill or grill pan to medium-high heat. Season the chicken with olive oil, salt, and pepper. Place chicken on grill and cook, without flipping, for 4-5 minutes on the first side. Flip and then cook for another 4 minutes on the second side. Allow the chicken to rest for 3-4 minutes, then slice.

In a medium bowl, combine the cucumber, grapes, scallions, feta, and chickpeas; add 1/3 cup salad dressing and toss to combine.

To serve: Portion 1/4 cup hummus on four separate serving plates and place four romaine leaves in the hummus. Top with the cucumber-grape salad mixture and sliced chicken and serve with a triangle of pita bread. Remaining dressing may be used as a dipping sauce for the bread.



makes 4 servings

Nutritional analysis per serving, without pita: Calories 540; Protein 37 g; Carbohydrate 47 g; Fat 24 g (40% Calories from Fat); Saturated Fat 5 g (8% Calories from Saturated Fat); Cholesterol 75 mg; Sodium 720 mg; Fiber 2 g.

MOROCCAN CHICKEN AND GRAPE BOWL

with preserved lemon & grape vinaigrette



ingredients

FOR THE BOWL

- 1 cup Israeli couscous
- 2 tablespoons extra-virgin olive oil
- 1/2 cup carrots, thinly sliced
- 1/2 cup tomatoes, diced
- 1/2 cup parsley, leaves only
- 1 ½ teaspoons Ras al Hanout spice mixture
- 1/4 teaspoon salt
- 2 Chicken breasts, 8 oz. each
- 1 tablespoon Harissa paste
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt

FOR THE VINAIGRETTE

- 1/4 cup green California grapes
 - 1 lemon, juiced
 - 1 preserved lemon, rind only
 - 1/4 cup extra-virgin olive oil
 - 2 tablespoons cilantro, chopped
 - To taste salt
 - To taste black pepper, ground
-
- 1 cup red California grapes, halved
 - 1/2 cup sliced almonds, toasted

directions

Cook couscous in boiling salted water until done. Drain, rinse with cold water, and combine with olive oil. Combine couscous with carrots, tomatoes, parsley leaves, Ras al Hanout, and salt. Mix well and set aside.

Rub chicken breasts with harissa paste, olive oil, and salt. Grill on both sides until just done. Set aside to cool. Slice into ¼-inch slices.

Place green grapes, lemon juice, preserved lemon, olive oil, cilantro, salt, and pepper in a blender and puree until smooth. Adjust seasoning to taste.

Toss couscous mixture with the vinaigrette and portion into four bowls. Top with sliced chicken, grapes, and almonds.

Nutritional analysis per serving: 590 Calories; Protein 30 g; Carbohydrate 44 g; Fat 32 g (49% Calories from Fat); Saturated Fat 4.5 g (7% Calories from Saturated Fat); Cholesterol 65 mg; Sodium 720 mg; Fiber 3 g.



makes 4 servings



OVERNIGHT OATS IN A JAR *with grapes and almonds*

**recipe created by Ellie Krieger
for the California Table Grape Commission**

ingredients

- 3/4 cup unsalted whole natural almonds (4 ounces)
- 1 cup nonfat milk
- 1 cup nonfat plain yogurt
- 1 cup old-fashioned rolled oats
- 3 tablespoons honey
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1 cup green seedless California grapes, quartered
- 1 cup red seedless California grapes, quartered



makes 4 servings

directions

Toast the almonds in a dry skillet over medium-high heat, stirring frequently, until golden and fragrant, 3-5 minutes. Allow to cool slightly, then chop them coarsely.

In a medium bowl, stir together the milk, yogurt, oats, honey, vanilla, and cinnamon. Add half of the almonds, half of the green grapes and half of the red grapes and stir to combine.

Divide the mixture evenly among four 12-ounce (1 ½ cup) jars. Top each with the remaining grapes and chopped almonds. Cover tightly and refrigerate overnight or at least 8 hours. The jars will keep up to 3-4 days in the refrigerator. (Note: for extra crunchiness, top with the remaining almonds right before serving)

Serving size: 1 jar containing about ¾ cup oat mixture and ¼ cup topping

Nutritional analysis per serving: Calories 390; Protein 15 g; Carbohydrate 54 g; Fat 15 g (35% Calories from Fat); Saturated Fat 1 g (2% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 60 mg; Fiber 6 g.

QUINOA AND GRAPE CURRY SALAD



ingredients

- 2-1/2 quart water
- 1 quart (1-1/2 lb.) red quinoa, well rinsed
- 1 tablespoon. + 1 teaspoon. kosher salt
- 2 quart green and red California grapes, halved lengthwise
- 3 cups (8 stalks) celery, thinly sliced
- 3 cups (12 oz.) toasted walnuts, chopped
- 2 cups (12 large) radishes, halved and thinly sliced
- 2 cups (12 each) scallions (white and green parts), thinly sliced
- 3/4 cup (4 each) jalapeno peppers, seeded and minced
- 1/2 cup fresh dill weed, chopped



makes 24 servings

CURRY VINAIGRETTE

- 4 (1 tablespoon. + 1 teaspoon) garlic cloves, minced
- 1 tablespoon +1 teaspoon. kosher salt
- 3 tablespoon curry powder
- 3/4 cup white wine vinegar
- 1-1/3 cups extra virgin olive oil
- 1 teaspoon freshly ground black pepper

directions

Bring the water and salt to a boil in a large saucepan. Stir in quinoa, reduce heat, cover, and simmer 10 to 12 minutes or until quinoa is just tender. Do not overcook. Drain any excess water.

Transfer the quinoa to a large bowl and cool. Stir in the grapes, celery, walnuts, radishes, scallions, Jalapeño peppers, and dill weed.

To prepare the Curry Vinaigrette: In a small bowl, mash the garlic and salt together until it forms a paste. Add the curry powder and mix well. Add the vinegar, olive oil, and pepper: mix well.

Pour Curry Vinaigrette over quinoa mixture and mix gently.

Nutritional analysis per serving: Calories 325; Protein 7.4 g; Carbohydrate 33 g; Fat 20 g (53% Calories from Fat); Saturated Fat 2 g (6% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 661 mg; Fiber 3.84 g.

QUINOA BREAKFAST CEREAL

with grapes and pistachios



ingredients

- 1 1/2 cups cooked quinoa
- 1 1/2 cups unsweetened vanilla almond milk
- 1 teaspoon maple syrup
- 1/8 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon orange zest
- 3/4 cup halved red California grapes, divided
- 1/4 cup crushed roasted pistachios, divided



makes 2 servings

directions

In a saucepan, combine the quinoa, almond milk, maple syrup, cardamom, cinnamon, and orange zest. Warm over medium heat for 2-3 minutes. Remove from heat and pour into serving bowls. Top with grapes and pistachios.

Nutritional analysis per serving: Calories 290; Protein 11 g; Carbohydrate 49 g; Fat 12 g (37% Calories from Fat); Saturated Fat 1 g (3% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 230 mg; Fiber 7 g.

QUINOA WITH GRAPES AND ROASTED CARROTS



ingredients

- 1 teaspoon spicy smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Pinch cinnamon
- 1/2 teaspoon coarse salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 3 tablespoons extra-virgin olive oil, divided
- 4 large carrots, cut into 1/2 -inch diagonal disks
- 1/2 cup walnuts
- 1/2 cup multi-colored quinoa
- 1 tablespoon lemon juice
- 1 1/2 cups halved red California grapes
- 1 package (5 oz.) baby arugula



makes 4 servings

directions

Preheat oven to 400 F.

Combine the spices in a large bowl with 1/4 teaspoon each salt and pepper and 2 tablespoons oil. Add the carrots and toss, then spread into a single layer on a small baking sheet. Bake until roasted and tender, about 20-25 minutes. At the same time, bake the walnuts on another small sheet pan 8 minutes or until lightly toasted. Cool and then coarsely chop.

Meanwhile, combine the quinoa in a medium saucepan with 1 cup water. Bring to a boil over high heat, reduce the heat to a simmer, cover and cook until quinoa is tender and water is absorbed, about 20 minutes. Let stand covered 5 minutes, then stir in the carrots, scraping up any of the spices from the baking sheet and adding to the quinoa. Add 1 tablespoon of the lemon juice and the grapes and toss.

In a large bowl combine the arugula with the remaining tablespoon of lemon juice and olive oil. Sprinkle with the remaining salt and pepper and mix well. Transfer to a serving platter. Top with the quinoa mixture and walnuts and serve.

Nutritional analysis per serving: 340 Calories; Protein 7 g; Carbohydrate 36 g; Fat 20 g (53% Calories from Fat); Saturated Fat 2.5 g (7% Calories from Saturated Fat); Cholesterol 0 mg; Sodium 360 mg; Fiber 6 g.

ROASTED SWEET POTATOES *with onions, grapes, and feta*



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



makes 4 servings

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

SCALLOPS WITH GRAPES AND WATERCRESS



ingredients

- 1/4 cup hazelnuts
- 2 bunches watercress, thick stems trimmed
- 4 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon coarse salt
- 1/2 teaspoon freshly ground black pepper, divided
- 16 large sea scallops, side muscles removed
- 1/2 cup finely chopped shallots
- 1 cup halved red California grapes
- 2 tablespoons lemon juice



makes 4 servings

directions

Preheat oven to 375 F.

Bake the hazelnuts on a sheet pan until toasted, about 8-10 minutes. Transfer to a kitchen towel and rub until skins come off (it's ok if some of the skin remains on the hazelnuts). Coarsely chop and set aside.

Place the watercress in a large bowl and toss with 2 tablespoons of the olive oil, salt, and 1/4 teaspoon pepper. Divide between 4 plates.

Pat scallops dry and sprinkle with the remaining pepper. In a 12-inch heavy skillet heat the remaining olive oil over high heat (if you don't have a 12-inch skillet, do the scallops in two batches). Add the scallops and cook 2 minutes. Turn and cook another 2 minutes. Transfer scallops to a plate and cover.

Add shallots to the pan and cook until shallots are golden. Add the grapes and lemon juice and bring to a simmer. Stir in any accumulated scallop juices.

Divide watercress among 4 plates, then top with scallops, grape sauce, and finish with the chopped hazelnuts.

Nutritional analysis per serving: 260 Calories; Protein 9 g; Carbohydrate 15 g; Fat 19 g (66% Calories from Fat); Saturated Fat 1.5 g (5% Calories from Saturated Fat); Cholesterol 15 mg; Sodium 390 mg; Fiber 2 g.

SEARED CHICKEN BREASTS

with grapes and artichokes



ingredients

- 2 (8 oz.) boneless, skinless chicken breasts, butterflied lengthwise into 4 cutlets
- 2 tablespoons olive oil (divided)
- 2 cloves of garlic, minced
- 1 leek, white part only, halved and thinly sliced
- 2 tablespoons chopped fresh oregano
- 1 1/2 cups quartered artichoke hearts, frozen or canned/jarred
- 1/2 cup dry white wine
- 1/2 cup low-sodium chicken stock
- 1 tablespoon lemon juice
- 1/2 teaspoon lemon zest
- 2 teaspoons butter
- 3/4 cup green California grapes
- 3/4 cup red California grapes
- 2 tablespoons chopped flat leaf parsley
- Salt and pepper to taste



makes 4 servings

directions

Season chicken breasts with salt and pepper. Heat one tablespoon olive oil in a sauté pan over medium-high heat. Add chicken breasts and sear for 3 to 4 minutes per side. Remove the chicken and set aside.

Add remaining tablespoon of olive oil to the pan along with the garlic, leeks, and a pinch of salt; cook on medium heat 2-3 minutes to soften the leeks. Stir in the oregano, artichokes, wine, chicken stock, lemon juice, lemon zest, and butter. Simmer for 2-3 minutes, then add the chicken back to the pan, basting each breast with the sauce. Add the grapes and simmer for 3-5 minutes or until the grapes are just soft and the chicken is cooked through. Stir in fresh parsley and serve.

Nutritional analysis per serving: Calories 320; Protein 26 g; Carbohydrate 23 g; Fat 12 g (34% Calories from Fat); Saturated Fat 3 g (8% Calories from Saturated Fat); Cholesterol 70 mg; Sodium 390 mg; Fiber 5 g.

SPICED CHICKPEAS AND GRAPES *with yogurt*



ingredients

- One 15-ounce can chickpeas, rinsed, drained and patted dry
- 1 cup California grapes
- 1 tablespoon peanut oil
- 1 1/2 teaspoons mustard seeds
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1/4 teaspoon salt, divided
- Pinch red pepper flakes
- 1 cup low-fat Greek yogurt
- 1 tablespoon lemon juice
- 1/2 teaspoon finely grated lemon zest
- 1/2 garlic clove, grated
- 2 tablespoons chopped cilantro
- 2 tablespoons thinly sliced scallions



makes 4 servings

directions

Place the chickpeas and grapes in a large bowl.

In a small skillet warm the oil over medium high heat until it's shimmering. Add the mustard seeds and cover. Cook until the seeds stop popping, then add the cumin and fennel seeds and cook until fragrant, another minute. Stir in 1/8 teaspoon salt and the pepper flakes and pour over the chickpeas and grapes. Mix well.

In another bowl, stir together the yogurt, lemon, garlic, and remaining salt. Spread on a serving platter and top with the chickpea mixture, cilantro, and scallions. Serve.

Nutritional analysis per serving: 220 Calories; Protein 11 g; Carbohydrate 31 g; Fat 6 g (25% Calories from Fat); Saturated Fat 1.5 g (6% Calories from Saturated Fat); Cholesterol 5 mg; Sodium 280 mg; Fiber 1 g.

VEGETARIAN POKE BOWL

with grapes



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



makes 4 servings

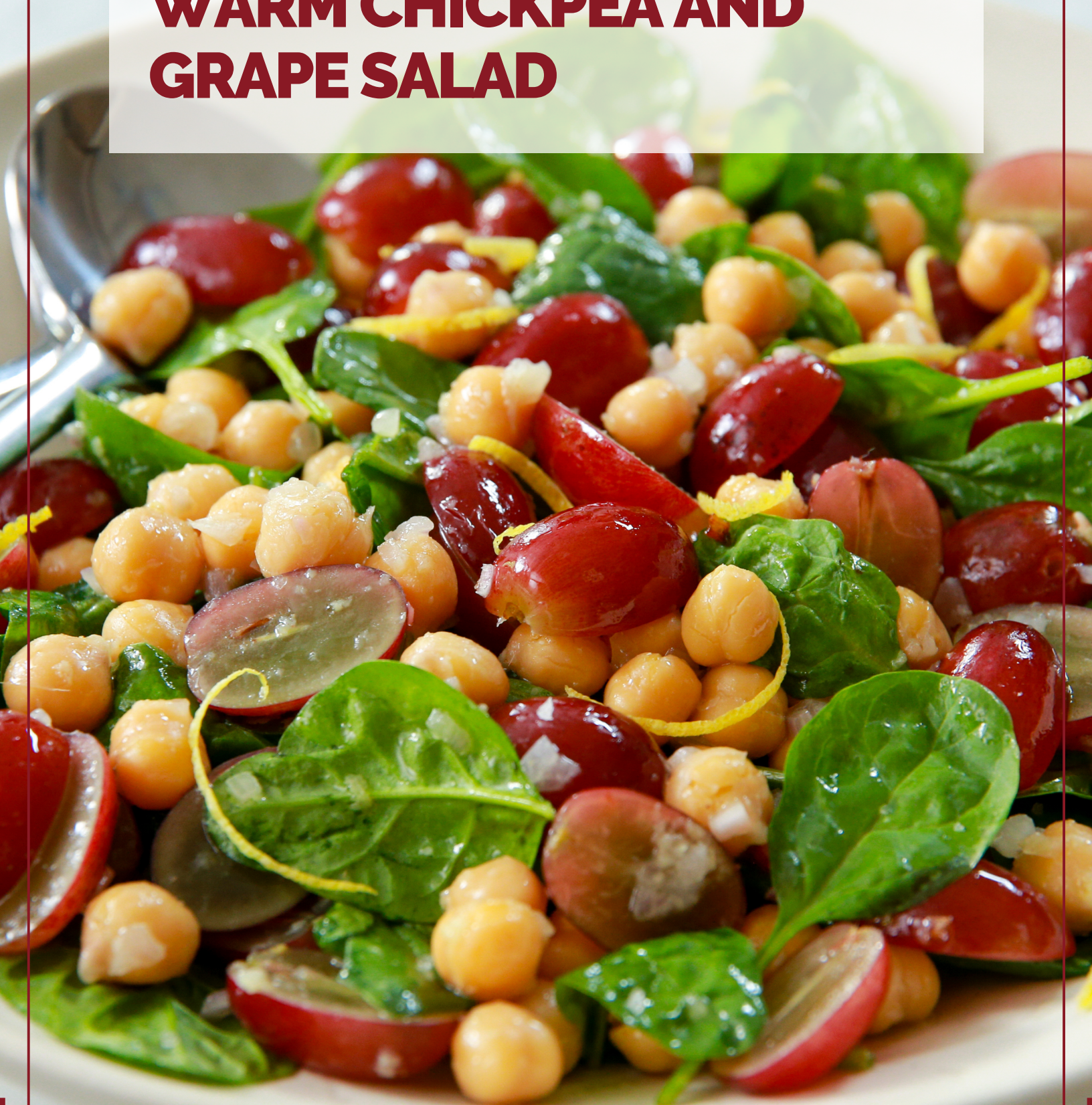
directions

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

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.

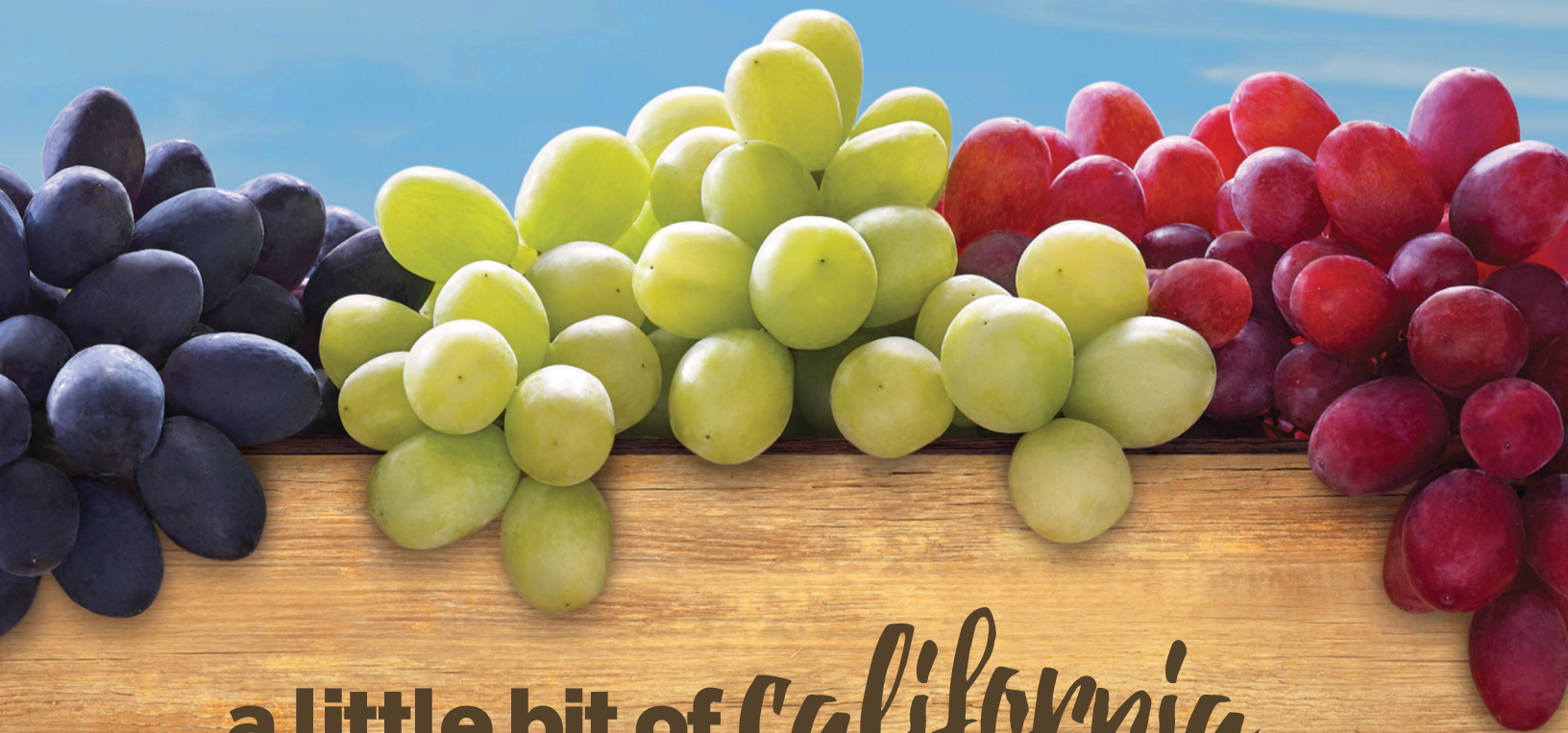
Add chickpeas to the skillet, being careful to pour away from yourself.

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



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.



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