

# GRAPES



## TRY THIS

- Add sliced grapes to chicken or tuna salad.
- Keep grapes in freezer for quick snacks and to chill water and other beverages.
- Roast or sauté grapes and spoon over grilled chicken or fish, oatmeal, pasta, and toast.

## BUYING AND STORING

- Select grapes that are firm and plump, with even color attached to green, flexible stems.
- Store grapes in the refrigerator unwashed with stems intact in a clean perforated plastic bag for up to one to two weeks. Store grapes in the freezer washed, dried, and stems removed in airtight plastic bags or containers up to one year.
- Wash all fresh fruits and vegetables before using.

# CREAMY GRAPE AND YOGURT SALAD

Time: 40 minutes | Makes: 6 servings | Serving Size:  $\frac{3}{4}$  cup

Nutrition Information Per Serving: Calories 117, Carbohydrate 25g, Dietary Fiber 1g, Protein 3g, Total Fat 2g, Saturated Fat 1g, Cholesterol 6mg, Sodium 50mg

## INGREDIENTS

- 1 cup low-fat vanilla yogurt
- 3 tablespoons whipped cream cheese
- $\frac{1}{2}$  teaspoon cinnamon
- 4 cups whole seedless grapes, halved lengthwise

## INSTRUCTIONS

1. Combine vanilla yogurt, cream cheese, and cinnamon in a large bowl. Whisk with a fork until smooth.
2. Add grapes to the yogurt mixture. Toss to coat. Refrigerate before serving, at least 30 minutes.

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

## CHANGE IT UP

- Top with crushed nuts and graham crackers.
- Try with raisins, chopped apples, and granola.
- Use fat-free ricotta cheese instead of yogurt.

