

HARVEST OF THE MONTH:

Grapes



Nutrition Facts

Serving Size

1 cup (92.0 g)

Amount Per Serving

Calories 62

Calories from Fat 3

% Daily Value*

Total Fat 0.3g **0%**

Saturated Fat 0.1g **1%**

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0.0g

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Total Carbohydrates 15.8g **5%**

Dietary Fiber 0.8g **3%**

Sugars 14.9g

Protein 0.6g

Vitamin A 2%

Vitamin C 6%

Calcium 1%

Iron 1%

* Based on a [2000 calorie diet](#)

FUN FACTS ABOUT GRAPES

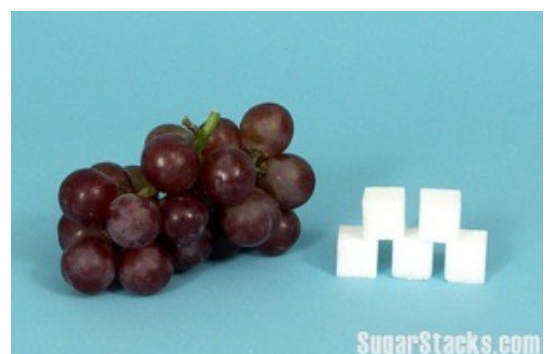
- There are over 600 grape varieties. Most of us consume table grapes that are red, green or black. These are the varieties that are most common in the US.
- Ask a family member: How many things can you list that are made from grapes? (grape juice, grape jelly, raisins, dyes, and decorations)

PRODUCE TIPS

- Select grapes that are plump and free from wrinkles.
- Look for fully-ripened grapes for the most antioxidants.
- Green grapes should have a slightly yellowish hue.
- Red grapes should be mostly red.
- Grapes spoil at room temperature so keep them in the refrigerator.
- Wash grapes before you use them.

COMPARE THE SUGARS IN THESE FOODS:

Red seedless grapes
5 tsp. of natural sugar



Skittles
11 tsp. of sugar



Grape Recipes

QUICK AND CREAMY GRAPE SHAKE

INGREDIENTS

- 1 ½ C. seedless grapes
- ½ C. frozen cherries
- ½ C. unsweetened frozen strawberries
- 1 bananas, peeled and sliced
- ½ C. oranges, peeled and quartered
- Ice cubes, crushed

DIRECTIONS

Place grapes, cherries, strawberries, bananas, oranges, and ice in a blender container. Blend until smooth. Pour into glasses and serve.

CHICKEN GRAPE PASTA POCKETS

INGREDIENTS

- 1½ C. seedless grapes, halved
- 1 C. diced, cooked chicken
- ¼ C. low-fat plain yogurt
- ½ C. chopped celery
- 1 T. minced green onion
- 1 tsp. Dijon-style mustard
- 16 jumbo shell macaroni, cooked

DIRECTIONS

Mix all ingredients except macaroni shells. Stuff into macaroni shells.

GRAPE AND WALNUT SALAD

INGREDIENTS

- 2 C. red seedless grapes, halved
- ½ red onion, chopped
- 3 radishes, diced
- 1 C. raisins
- 2 C. coarsely chopped walnuts (optional)
- 3 green onions, chopped
- 1 C. balsamic vinaigrette salad dressing

DIRECTIONS

In a medium serving bowl, combine grapes, walnuts, onion, green onion, radishes and raisins. Toss with balsamic vinaigrette dressing just before serving.

FROZEN GRAPES

DIRECTIONS

Wash grapes and pat dry. Arrange them in a single layer on a cookie sheet. Place them in freezer and thoroughly freeze them (for at least two hours.)

To store frozen grapes: place in a resealable plastic bag and return to the freezer. Press down on the bag prior to sealing it in order to remove as much oxygen as possible. This will help prevent freezer burn. Frozen grapes will keep up to 3 months.

