

Grapes

Green Grape Smoothie

2 cups frozen seedless grapes
½ cup fat-free vanilla yogurt

½ cup orange juice (100% juice)
¼ cup water

Combine all ingredients in a blender. Cover and blend until thick and smooth. Serve immediately.
Yield: 2 servings

HINT: Try adding other fruits you have in your kitchen that need to be eaten. Bananas, berries, and peaches are great additions to most smoothie recipes.

Did you know?

- Grapes consist of approximately 80% water although raisins only consist of 15% water.
- Eating too many grapes in a short amount of time can cause a laxative effect.
- Grapes are full of antioxidants. Antioxidants reduce the harmful effects of free radicals.

Pasta and Grape Salad

8 oz. shell or elbow macaroni (whole wheat if available)
2 cups cooked, chopped boneless chicken breast

½ cup sliced almonds
2 cups green seedless grapes
1 cup sliced water chestnuts
½ cup low fat ranch salad dressing

Cook macaroni according to package directions and drain well. Rinse macaroni in water to cool quickly. Drain well. Add remaining ingredients and toss lightly with ranch salad dressing. Chill before serving.

Yield: 4-6 servings

Note: to save on cost, prepare this recipe without the chicken.

The oldest grape vine in America is in North Carolina and it is over 400 years old!

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Grape Kabobs

1 cup grapes
1 cup sliced bananas
1 cup chunked apples

1 cup strawberries
Toothpicks

Wash and prepare all fruit. Slide fruit onto toothpicks. Chill fruit kabobs in fridge for 10 minutes, or eat right after preparing.

Grapes should be stored in a plastic bag in the refrigerator where they will keep for about a week.

Grapes with Yogurt Dip

1 cup fat-free vanilla yogurt
1 tablespoon lemon juice

2 teaspoons powdered sugar
4 cups of grapes

Mix together the vanilla yogurt, lemon juice, and powdered sugar. Refrigerate. Serve with fresh grapes.

Yield: 4 servings

Spiced Grapes

½ pound grapes, separated into small clusters
1 tablespoon extra-virgin olive oil
Salt to taste

Freshly ground pepper, to taste
¼ cup low-fat plain or vanilla yogurt

Preheat oven to 450°F. Arrange grape clusters in a single layer on a baking sheet. Drizzle with oil and sprinkle with salt and pepper. Roast for about 15 minutes, until the skins are crispy. Serve warm or at room temperature, with yogurt for dipping.

Grapes are packed with nutritional goodness! For instance they have ~
Manganese- helps keep blood sugars at a normal level, protects the cells from damage, helps keep bones healthy, improves absorption of other vitamins and minerals.
Vitamin C – antioxidant needed to stop free radicals from promoting aging and disease. Free radicals form from everyday activities like being out in sun or breathing air pollution.
Vitamin K –necessary to help blood clot normally and improve bone strength to decrease fractures, bone loss, and breaks.
Dietary Fiber –helps regulate digestion, lowers cholesterol levels, reduces risk for heart disease, aids in weight loss, regulates blood sugars, which reduces risk for diabetes.

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