



All about Grapes

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Top 10 reasons fresh grapes are a favorite healthful snack.

They are:

1. Guilt-free—a $\frac{3}{4}$ cup serving contains only 90 calories.
2. Crisp and refreshing.
3. The ultimate convenience food—no preparation is needed.
4. A good source of vitamin C, and are naturally low in fat and sodium.
5. Fun to share—at lunch, work or a sporting event.
6. Guaranteed to be ripe and ready-to-eat straight from the store.
7. Try something new- freeze them and then enjoy!
8. Loved by kids!
9. Portable- store bunches in plastic bags for a healthy grab-and-go snack.
10. A rich source of antioxidant flavonoids-- that may help protect against heart disease, cancer and other age-related diseases.

Here is a recipe to try:

SPICY GRAPE & CHICKEN LETTUCE CUPS

Ingredients:

1 tablespoon cornstarch
1 tablespoon water
3/4 cup low sodium chicken broth
1 tablespoon sugar
1 tablespoon red wine vinegar
3 to 5 teaspoons Asian chili paste with garlic
1/4 cup soy sauce
1 tablespoon peanut or vegetable oil
6 cloves garlic, minced
3 tablespoons fresh ginger, minced
1-1/2 pounds ground chicken breast
1-1/2 cups halved green California seedless grapes
3/4 cup green onions, thinly sliced
1/4 cup cilantro, coarsely chopped
1 head iceberg lettuce, cut in half and separated into leaves
1-1/2 cups julienne cucumber



Directions:

In small bowl combine cornstarch and water. Add chicken broth, sugar, vinegar, chili paste and soy sauce. Set aside. Heat oil in large nonstick skillet over high heat. Add garlic and ginger; sauté for 30 seconds. Add chicken and cook until no longer pink, about 5-8 minutes. Add grapes and green onions; sauté for 30 seconds. Restir the sauce mixture and pour into skillet. Stir until thickened, about 1 to 2 minutes. Remove from heat. Place chicken mixture in lettuce leaves; garnish with cilantro and cucumber, then roll up. Serve immediately.

Other Notes:

Nutritional Analysis:

Nutritional analysis per serving: Calories 339; Protein 44 g; Fat 6 g; Calories from Fat 17 %; Carbohydrates 27 g; Cholesterol 99 mg; Fiber 3 g; Sodium 1341 mg.

Tip and recipe from www.freshCaliforniagrapes.com