



## Broccoli Grape Salad

12 slices      bacon or vegetarian bacon, such as stipple  
1 head        fresh broccoli chopped, blanched  
2 cups        red California seedless grapes  
1              onion, finely diced  
1 cup         sunflower seeds

### Dressing:

2 Tbsp.      white sugar  
½ cup        mayonnaise  
1 Tbsp.      white wine (non-alcoholic)

### Directions:

Cook bacon and crumble. Set aside. Combine salad ingredients. Prepare dressing by whisking together the sugar, mayonnaise, and wine. Pour over the broccoli, grapes, onion, bacon and sunflower seeds. Toss until well-coated, refrigerate until chilled, then serve.





### **Farro and Fresh Grape Chicken Salad**

2 cups	reduced sodium chicken broth
1 cup	farro
1 teaspoon	herbes de Provence
1 teaspoon	kosher salt (divided)
1 medium	zucchini, cut in 1/2-inch dice
3 cups	diced cooked chicken
3 cups	seedless California grapes, rinsed and halved
1/2 cup	chopped smoked almonds
1/4 cup	chopped parsley
1/3 cup	lemon juice
1 teaspoon	finely grated lemon zest
1 teaspoon	Dijon mustard
3 tablespoons	extra-virgin olive oil
1/2 teaspoon	freshly ground black pepper

Combine the broth, farro, herbes de Provence and 1/2 teaspoon of the salt in a large saucepan over high heat. Bring to a boil, reduce the heat to a simmer, cover and cook until farro is tender, about 45 to 50 minutes. Stir in the zucchini, cook 1 minute and drain. Transfer to a large bowl and add the chicken, grapes, almonds and parsley to the farro.

In a small bowl, whisk together the lemon juice, zest, mustard, olive oil, pepper and remaining salt. Pour the lemon juice mixture over the farro salad and toss. Serve warm or at room temperature.

Serves 8.

*Nutritional analysis per serving:* Calories 285; Protein 21 g; Carbohydrate 26 g; Fat 12 g; 37% Calories from Fat; Cholesterol 41 mg; Sodium 316 mg; Fiber 3.65 g.





### **Grape Kabobs with Honey Peanut Butter Dip**

Yield: 4 servings.

24 each red California seedless grapes

36 each green California seedless grapes

12 each plastic 5 ½ " drink stirrers (skewers)

Honey Peanut Butter Dip (recipe follows)

Thread grapes onto each skewer from end to end, alternating colors. Serve with *Honey Peanut Butter Dip*.

#### *Honey Peanut Butter Dip*

¼ cup smooth, reduced-fat peanut butter

¼ cup honey

1/8 teaspoon cinnamon

1 tablespoon

Whisk ingredients together until smooth. Portion into four 1 oz. servings to accompany skewers.





## **Mediterranean Grilled Chicken and Grape Skewers**

Makes 6 servings.

### *Marinade*

- 1/4 cup plus 2 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 1/2 tsp. crushed red pepper flakes
- 1 Tbsp. chopped fresh oregano, or 1 tsp. dried
- 1 Tbsp. chopped fresh rosemary, or 1 ½ tsp. dried
- 1 tsp. grated lemon zest

### *Skewers*

- 1 lb. boneless, skinless chicken breast cut into 3/4-inch dice
- 1 1/2 cups green California seedless grapes
- 1/2 tsp. salt
- 1 Tbsp. fresh lemon juice

*Marinade:* In a small bowl, whisk together the 1/4 cup olive oil, garlic, red pepper flakes, oregano, rosemary, and lemon zest.

Thread alternating pieces of chicken and grapes onto 12-inch skewers. Place the skewers into a nonreactive dish or pan. Pour the prepared marinade over the skewers, turning to coat each one. Marinate in refrigerator for 4 to 24 hours.

Remove skewers from marinade, and let excess oil drip off. Discard any remaining marinade. Season the skewers with salt. Grill on a hot barbecue until the chicken is cooked through, 3 to 5 minutes on each side. Arrange on a serving platter and drizzle with the 2 tablespoons olive oil and the lemon juice.



# GRILLED SPICED PORK & GRAPE KEBABS, SPINACH & GRILLED RED ONION SALAD

*Yield: 8 portions, 2 kebabs/skewers per portion*

<b>Ingredients</b>	<b>Amounts</b>
Olive oil	¼ cup
Lemon juice	2 Tbsp.
Garlic, minced	2 Tbsp.
Italian parsley, minced	2 Tbsp.
Fresh ginger, minced	1 tsp.
Coriander seeds, ground	1 tsp.
Black peppercorns, ground	½ tsp.
Turmeric	¼ tsp.
Smoked paprika	1 tsp.
Cayenne pepper	¼ tsp.
Oregano, minced	1 Tbsp.
Bay leaves, torn	2 ea.
Saffron	a pinch
Pork shoulder, cut in ½" cubes	2 lb.
Red grapes	1 lb.
Kosher salt	1 tsp.

## **Method**

1. *For the marinade:* Place all the ingredients for the marinade in a large bowl and toss to combine.
2. Add the pork and coat thoroughly; marinate for 2 hours.
3. Soak 6-inch bamboo skewers in water for half an hour. Skewer the pork alternately with the grapes. Season with kosher salt.
4. Grill the pork kebabs over a hot grill until the meat is cooked to the appropriate level of doneness and the grapes are hot and beginning to caramelize. Serve 2 skewers per entrée immediately.

Source: Adapted from Nancy Harmon Jenkins (2002)

*This recipe was created by the Culinary Institute of America,  
Greystone, for the California Table Grape Commission.*

# SPINACH AND GRILLED RED ONION SALAD WITH CUMIN VINAIGRETTE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Vinaigrette</i>	
Lime juice	¼ cup
Dijon mustard	1 tsp.
Cumin, toasted	1 tsp.
Black pepper, freshly ground	¼ tsp.
Kosher salt	½ tsp.
Olive oil	½ cup
 <i>Salad</i>	
Red onion	1 ea.
Extra virgin olive oil	as needed
Balsamic vinegar	as needed
Salt and black pepper, freshly ground	to taste
Baby spinach	½ lb.
Fennel bulb, thinly shaved	1 cup
Pomegranate seeds	½ cup
Green grapes, halved	1 cup

## **Method**

1. *For the vinaigrette:* Combine the lime juice, Dijon mustard, cumin, pepper, and salt in a medium-size bowl and whisk to combine. Slowly drizzle in the olive oil while whisking to create an emulsified dressing. Season to taste.
2. *For the salad:* Clean the spinach and pick off any of the large stems; set aside in a large bowl. Peel and slice the red onion into ¼-inch rings; toss with olive oil, balsamic vinegar, and salt and pepper, and grill over medium heat until soft and caramelized on both sides. Set aside to cool.
3. *To finish the salad:* In a large bowl, add the grilled onions with ¼ cup of the dressing and add the spinach, fennel, pomegranate seeds, and green grapes, and toss to combine. Drizzle with more dressing if needed and toss again. Serve immediately.

*This recipe was created by the Culinary Institute of America, Greystone, for the California Table Grape Commission.*



## Roasted Grapes

Yield: One bunch

One bunch red, green or black seedless California grapes

As needed olive oil

Directions:

To roast grapes, toss with enough extra virgin olive oil to coat, then place them on a baking tray in a 400° F oven for 10-15 minutes, or until soft and juicy.

*Variation:* Toss grapes in balsamic vinegar and olive oil, then roast.





### Spicy Carrot Slaw with Grapes

1/3 cup	orange juice concentrate, undiluted
2 teaspoons	fresh lime juice
1 small	green chile, seeded and minced (use a jalapeño, Serrano, or habanero if you like it really hot)
1/2 teaspoon	salt
3 large	peeled carrots, shredded
2 cups	green, red, and/or black seedless California grapes, halved
1/2 medium	jicama, peeled and julienned (1 1/2 cups)
1/2 cup	fresh cilantro
1/2 cup	salted peanuts, coarsely chopped

In a small bowl, whisk together the orange juice concentrate, lime juice, chile, and salt. In a separate serving bowl, combine the carrots, grapes, jicama, cilantro, and peanuts. Pour the dressing over the salad and toss to blend. Keep refrigerated until ready to serve.

*Serves 8.*

*Nutritional analysis per serving:* Calories 136; Protein 3.4 g; Carbohydrate 18.5 g; Fat 6 g; 37% Calories from Fat; Cholesterol 0 mg; Sodium 219 mg; Potassium 296 mg; Fiber 3.3 g.





### **Chocolate-Dipped Fresh Grapes**

8 ounces      quality white chocolate or semi-sweet chocolate  
16              small clusters seedless California grapes (3 to 5 grapes each)

Melt chocolate according to package directions or melt slowly, uncovered, in a double boiler until thin. Do not overcook. Remove from heat. Dip each grape cluster in chocolate to coat, then place on wax paper to cool.

Makes 16 clusters.

*Optional:* Add a pinch of orange zest to semi-sweet chocolate.

*Nutritional analysis per serving:* Calories 82; Protein .7 g; Carbohydrate 13 g; Fat 4.4 g; 43% Calories from Fat; Cholesterol 0 mg; Sodium 2 mg; Potassium 89 mg; Fiber 1 g.





### **Grape Chicken Caesar Wrap**

- 1 flour tortilla (12-inch)
- 1/3 cup red California seedless grapes, halved
- 1/3 cup chicken breast, grilled, sliced
- 1 Tbsp. lowfat creamy Caesar dressing
- 1 cup romaine, cut
- 1 Tbsp. lowfat creamy Caesar dressing
- 1 Tbsp. Parmesan, shredded

Lay out wrap (heat if desired in a steamer or on a flat top) and starting on the lower third, layer ingredients in the order listed. Fold lower third of wrap up over filling and fold outer edges inwards to close the ends, then continue rolling up to complete the cylinder. Serve whole or cut in half on a bias.





## Grape and Salmon “Power” Salad

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

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

Cook the barley according to package directions, or in plenty of lightly salted boiling water for about 35 to 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. *Serves 6.*

*Nutritional analysis per serving:* Calories 413; Protein 15 g; Carbohydrate 30 g; Fat 28 g; 59% Calories from Fat; Cholesterol 22 mg; Sodium 232 mg; Potassium 500 mg; Fiber 4 g.





## Pickled Grapes

Makes 3 pints.

1 pound green, red or black seedless California grapes, stemmed and rinsed

1 cup unseasoned rice vinegar

1 cup sugar

1/2 teaspoon kosher salt

1 teaspoon whole black peppercorns

1/2 teaspoon whole cloves

Large pinch red pepper flakes

### *Accompaniments*

Wedge of Manchego or sharp cheddar

Multigrain crackers or toasted baguette slices

With a sharp paring knife, cut an X in the stem end of each grape. Divide between 3 pint-size canning jars. Combine the vinegar, sugar, salt, peppercorns, cloves and pepper flakes in a small saucepan and bring to a boil. Stir just until the sugar has dissolved and pour over the grapes. Cover and refrigerate at least 1 hour. Serve with the cheese and crackers or bread.

*Nutritional analysis per 1/3 cup serving:* Calories 156; Protein .2 g; Carbohydrate 10.2 g; Fat .06 g; 1.2% Calories from Fat; Cholesterol 0 mg; Sodium 28 mg; Fiber .3 g.





### Quinoa and Grape Curry Salad

2 1/2 cups	water
1 cup	brown or red quinoa, well-rinsed
1 teaspoon	kosher salt
2 cups	green and red seedless California grapes, halved
2 stalks	celery, thinly sliced (3/4 cup)
1/2 cup	chopped toasted walnuts
3 large	radishes, thinly sliced (1/2 cup)
3 each	scallions (white and green parts), thinly sliced
2 tablespoons	chopped fresh dill
1	jalapeno, seeded and minced
<i>Curry Vinaigrette</i>	
1	garlic clove, minced
1 teaspoon	kosher salt
2 teaspoons	curry powder
3 tablespoons	white wine vinegar
1/3 cup	extra-virgin olive oil
1/4 teaspoon	freshly ground black pepper

Bring the water and salt to a boil in a medium saucepan and stir in the quinoa. Lower the heat, cover and simmer until the quinoa is tender, about 12 to 15 minutes. Drain any excess water. Transfer the quinoa to a large bowl and stir in the grapes, celery, walnuts, radishes, scallion, dill and jalapeno. *To make the vinaigrette:* In small bowl, mash garlic and salt together until it becomes a paste. Add the curry, vinegar, olive oil and pepper; mix well and pour over the quinoa salad. *Makes 6 servings.*





## Sautéed Escarole with Bacon and Grapes

1 large bunch	escarole
1 tablespoon	butter or olive oil
1/4 cup	minced shallot
1 clove	garlic, minced
Pinch	red pepper flakes (optional)
3 slices	bacon, cooked crisp and crumbled
3/4 cup	green seedless California grapes
1/2 teaspoon	salt
1/2 teaspoon	freshly ground black pepper
Juice of 1 small	lemon (about 3 tablespoons)

Chop the escarole into large pieces and wash well, discarding the hard core and any browned leaves. Drain. Heat a large, high-sided skillet or wok over high heat. Melt the butter and sauté the shallot, garlic and red pepper flakes (if using) until aromatic, about 1 minute. Add the bacon and the escarole leaves. Toss and turn quickly as they sizzle and start to wilt, about 2-3 minutes. Add the grapes, salt, pepper and lemon juice and continue to cook until the escarole is just tender and the fruit is warmed through, about 2 minutes more. Turn out on to a platter and serve hot.

Serves 4. *Nutritional analysis per serving:* Calories 108; Protein 3.7g; Carbohydrate 13 g; Fat 6 g; 44% Calories from Fat; Cholesterol 12 mg; Sodium 397 mg; Potassium 536 mg; Fiber 4.5 g.





### Sweet Potato, Bacon and Grape Salad

2 pounds	sweet potatoes or yams, cooked, peeled and diced
4 cups	loosely packed kale, stems removed, torn into bite-sized pieces, blanched, cooled and squeezed dry
6 slices	bacon cut into lardons
1 cup	sliced onion
1 cup	red or black California seedless grapes, halved
1/4 cup	sherry vinegar (or substitute apple cider vinegar)
1/2 cup	orange juice
1/2 cup	vegetable or olive oil
good dash	Tabasco sauce
To taste	salt and freshly ground black pepper

In a large bowl, combine the diced sweet potatoes and the blanched kale. In a large skillet, fry the bacon until it is brown and crisp. Drain out all but 1 tablespoon of the bacon grease. Fry the onion with the bacon until the onion is golden brown and tender, about 3-4 minutes. Pour this onto the potatoes and kale mixture. Fold in grapes. Deglaze the skillet with the vinegar, orange juice, oil, Tabasco, salt and pepper and bring to a boil. Pour the hot vinegar mixture over the potato salad and fold in, taking care not to mash the potatoes. Serve warm. Serves 8.

*Nutritional analysis per serving:* Calories 378; Protein 5 g; Carbohydrate 37 g; Fat 24 g; Saturated Fat 5.5 g; 56% Calories from Fat ; Cholesterol 11 mg; Sodium 302 mg; Fiber 3 g.

