

HARVEST OF THE MONTH: GRAPES



Fun snack ideas!

HOW TO EAT GRAPES:

1. Add sliced grapes to pita sandwiches, chicken salads, and pastas.
2. Rinse and freeze grapes for a quick snacks.
3. Carry grapes or raisins with you for an on-the-go snack.
4. Add grapes to a fruit salad for color and crunch!

Pick the yummiest!

THINGS TO LOOK FOR:

1. Look for firm, plump, brightly colored bunches of grapes. Avoid bunches that are shriveled, sticky, have brown spots, or have dry, brittle stems.
2. Remove any soft, brown grapes before storing.
3. Store fresh grapes in the refrigerator.

NUTRITION FUN FACTS:

- Red and green grapes are a good source of vitamin C and vitamin K.
- Grapes are high in carbohydrates, mostly simple carbohydrates. These provide a quick source of energy for your body.
- Grapes also contain antioxidants, which can help prevent diseases.

BEST TIME TO EAT:

AUGUST -
OCTOBER

RECIPE: CHICKEN WALDORF SALAD

DIRECTIONS

1. Whisk mayonnaise, yogurt, lemon juice, and salt in a large bowl.
2. Core and dice the apple.
3. Cut grapes in half.
4. Add chicken, apple, grapes, celery, and half of the walnuts. Stir to coat well.
5. Serve topped with the remaining walnuts. Serve over lettuce, or on a sandwich or wrap.

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/MYPLATE-CNPP/CHICKEN-WALDORF-SALAD](https://www.choosemyplate.gov/recipes/myplate-cnpp/chicken-waldorf-salad)

INGREDIENTS

Makes 4 servings:

- 1/3 cup low-fat mayonnaise
- 1/3 cup nonfat or low-fat plain yogurt
- 2 teaspoons lemon juice
- 1/4 teaspoon salt
- 3 cups chopped cooked chicken breast
- 1 medium red apple
- 1 cup red or green grapes
- 1 cup sliced celery
- 1/2 cup chopped walnuts, divided

ACTIVITY: A RAINBOW OF GRAPES

Grapes come in lots of different colors, including purple, green, red, black, yellow, and pink! They are all sweet, but some are grown to be eaten raw and others are popular as juices and vinegars. Color in the bunch of grapes below as your favorite color of grapes or use many colors to create a grape rainbow!

