

# 12 Great Ways to Use...

## Grapes

*Grapes are grown all over the world and come in thousands of varieties. Many varieties are used to make wine, but a few sweet varieties are used for sale as table grapes. Grapes are an excellent source of phytonutrients, antioxidants, and manganese. They have been shown to reduce the risk of heart disease and a natural source of polyphenols, which may contribute to heart health and other age-related diseases.*

- 1.** Grapes make a great snack. Eat them by the bunch or skewer them for a more elegant presentation.
- 2.** Dip grapes in Greek yogurt, then sprinkle with chopped pistachios, and freeze for a healthy dessert alternative.
- 3.** Stuff a whole chicken with grapes, onion, lemon wedges and some fresh, herbs and bake in the oven.
- 4.** Add halved grapes to green and fruit salads, or grain salads such as wild rice or farro.
- 5.** Mix diced poached chicken, walnuts, celery, scallion, fresh herbs, lemon juice, a little mayonnaise or Greek yogurt, Dijon mustard, and diced grapes together to make chicken salad. Use to top salads, make sandwiches, or eat plain with whole grain crackers.
- 6.** Toss whole grapes with olive oil, salt, and pepper, and roast in the oven at 400°F for about 20 minutes. Spoon onto crostini with melted cheese and fresh herbs for a gourmet snack.
- 7.** Arrange a cheese plate with your favorite cheeses, nuts, grapes, and dried fruit for your next gathering.
- 8.** Poach grapes in Riesling wine and a little sugar, and pour over Greek yogurt for a fruity dessert.
- 9.** Make Ajo Blanco, a Spanish white gazpacho soup that highlights the flavors of green grapes. Perfect for a hot summer day!
- 10.** Roast whole grapes with Italian sausages and shallots. Top with fresh herbs and serve over polenta.
- 11.** Place halved grapes in ice cube trays and fill with a mixture of water and filtered, pureed grapes. Freeze and drop ice cubes in water for a hint of grape flavor.
- 12.** Make a grape reduction by boiling equal parts grapes, Port wine, and chicken broth, and a little fresh rosemary for about 20 minutes. Blend and use to accompany roasted meat and fish dishes.



Learn more about the Mediterranean Diet and healthy food choices at [www.oldwayspt.org](http://www.oldwayspt.org).