



## Grapes, Seedless, Fresh

MyPlate Food Group: **Fruit**



### Nutrition Information

- 1 cup of whole or cut-up seedless grapes (about 32) count as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Grapes are naturally low in fat, sodium, and calories. Grapes do not have cholesterol.
- Grapes contain many vitamins and minerals that are important for your body, including vitamins C, K, and antioxidants.

### Uses and Tips

- Seedless grapes make a great snack any time of the day.
- Grapes don't need to be cooked or heated. Before eating, gently rinse them under plain running water to remove any visible debris and then enjoy.
- Grapes can be used to add sweetness and texture to other foods. For example, add sliced grapes to yogurt, salads, or even sandwiches.
- Top pancakes or waffles with sliced grapes instead of syrup for a healthy touch of sweetness.
- When grapes are in season they are at their peak flavor and may be less expensive.

### Storing Foods at Home

- Do not wash grapes until ready to eat.
- Ripe grapes should be stored in the refrigerator in a loosely sealed plastic bag.

### MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!



## USDA Foods

### Kick'n Chicken Pitas

Makes 4

#### Ingredients:

- 2 cups Romaine lettuce, shredded
- 1 cup red or green seedless grapes, cut in half
- 1 cup cooked chicken breast, chopped
- ½ cup carrots, shredded
- 2 tablespoons green onions, sliced
- 4 tablespoons light salad dressing (Asian, Italian, or Vinaigrette)
- 2 whole wheat pita pockets, cut in half

**Directions:** Wash hands with soap and water.

1. Combine romaine lettuce, grapes, chicken, carrots, and green onions in a medium bowl. Mix well with a large spoon.
2. Add dressing to bowl. Mix until ingredients are coated with dressing.
3. Spoon about 1 cup of mixture into each pita pocket half. Serve.

*Substitutions: Use canned chicken in place of cooked chicken breast. Use 8 slices of whole wheat bread instead of pita pockets.*

*Recipe adapted from EatFresh.org*

### Hearty Grapes and Grains

Makes 4 servings

#### Ingredients:

- 2 tablespoons olive oil or other vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon orange juice
- 2 cups cooked barley or brown rice
- 1½ cups red or green seedless grapes, halved
- ½ cup celery, sliced
- ¼ cup green onion, sliced
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper

**Directions:** Wash hands with soap and water.

1. In mixing bowl, whisk together oil, lemon, and orange juices.
2. Add barley or rice, grapes, celery, and onions, tossing to coat.
3. Season with salt and pepper; chill until ready to serve.

*Recipe adapted from Produce for Better Health Foundation*