

GRAPES

QUICK TIPS

- Freeze grapes for a cool snack!
- Serve grapes with cheese and crackers.
- Add grapes to all types of salads.
- Remember to rinse all fruits and vegetables before using.

KEY POINTS

- For the best buy, choose grapes that are firm and attached to the stem.
- To prepare grapes, rinse and remove from stem.
- To keep fresh, store grapes in the refrigerator for up to 3 days.
- Grapes contain fiber, which helps to keep you regular.

AUTUMN FRUIT SALAD (Makes 8 Servings)

INGREDIENTS:

- 2 cups seedless grapes
- 5 cups mixed salad greens
- 2 cups cooked chick peas
- 2 cups orange segments
- 3 tablespoons vinegar
- 2 tablespoons vegetable oil
- 1 teaspoon sugar

DIRECTIONS:

- In a large bowl, combine grapes, salad greens, chick peas and oranges.
- In a small bowl, mix vinegar, oil, and sugar.
- Pour oil mixture over salad mixture.
- Toss well and serve.
- Refrigerate leftovers.

