

GRAPE

Types

Concord, red flame, black, green, purple.

Selection Info

Select firm, plump, smooth, and crisp fruit. Grapes that are firmly attached to the stem are fresh.

Preparation

Grapes can be eaten raw or cooked.

Remove the grapes from the stems and wash them before eating or cooking with them.

Storage

Short-Term Storage: Store grapes loosely and unwashed in the refrigerator in a paper towel or plastic bag. Grapes can be stored this way for up to 5 days.

Long-Term Storage: Grapes can be canned, frozen, or made into juice or jelly.



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GRAPE AND CASHEW SALAD SANDWICH

Ingredients


- 3/4 cup dry roasted cashews (unsalted, coarsely chopped)
- 1 cup low-fat cottage cheese
- 1 1/2 cups red grapes (quartered)
- 1 celery stalk (chopped)
- ground black pepper (to taste)
- 2 tablespoons fresh parsley (chopped)
- 8 lettuce leaves
- 8 slices whole-grain bread

Directions

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
2. Toast bread (optional).
3. Spread 1/4 of the salad mix on 4 of the bread slices.
4. Add two lettuce leaves to each sandwich, and top with second bread slice.



Learn more about **GRAPE** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=grape>.

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Nutrition Information

Serving Size	1/4 of recipe	
Nutrients	Amount	% Daily Value
Total Calories	380	
Protein	19g	
Carbohydrates	45g	25
Dietary Fiber	6g	15
Total Fat	16g	25
Saturated Fat	3.5g	18
Sodium	430mg	