
GRAPES

Grapes are great for snacks and desserts

How to buy and store grapes?

Green or red? Green grapes are often sweeter than red grapes but the red and purple grapes have an appealing color. Why not try a different color each week?

When you get home from the store, give your grapes a rinse in a colander. Store them in a glass bowl with a cover. Or put some in bags so they are ready to run out the door with you as a snack.

Need more serving ideas?

Use grapes in salsa or salads. Serve them on snack trays with fresh veggies. And freeze extra grapes to use as a fun popsicle-like treat.

What's good about them?

A 1-cup serving of grapes contains just 62 calories, 176 mg of potassium and .8 grams of dietary fiber. A cup of candy like candy corn would have up to 750 calories per cup.



Hi-Phy Fruit Salad

Ingredients:

1 cup sliced canned peaches in juice
1 cup skinless red grapes, sliced in half
1 cup diced kiwi
1 cup sliced strawberries
1 tablespoon chopped fresh mint

Directions:

Mix all ingredients in medium-sized mixing bowl. Chill until ready to serve.

Serve in individual dessert glasses.

Serves 4. Each 3/4 cup serving: 107 calories, 1g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 6mg sodium, 27g carbohydrate, 3g fiber, 20g sugars, 1g protein.