



SIMPLY GOOD FOOD

GRAPES

Fresh grapes are an age old snack food, dating back to ancient Greek and Roman times. Grapes are refreshing, thirst quenching and because of their convenient packaging, they are a perfect addition to any meal or on the go snack.

There are many varieties of grapes and the varieties come in three basic colors: green, red and blue-black. All are juicy, but each has a distinct flavor.

Grapes have vitamin C to keep you healthy and carbohydrates to give you energy. They also contain good substances called phytochemicals that scientist think may help prevent certain diseases.

*Sources: California Table Grape Commission
The Good Housekeeping Illustrated Cookbook*

Season: All year. Best grape supplies are available from July to November.

Look for: Plump, fresh-looking grapes with individual berries firmly attached to stems. A high color for the variety usually means good flavor. Avoid grapes with dry brittle stems or that are shriveled or leaking moisture and staining the carton.

To store: Refrigerate. Use within 1 to 2 weeks.

To prepare: Wash and seed fruit.

To serve: Eat out of hand. Use in recipes for salads, fish and poultry dishes, desserts, sauces, jellies and jams.



GREAT GRAPE BURRITO

Roll 'em up and eat 'em up. It's that simple.

1 6-inch flour tortilla
1 tablespoon cream cheese
1 teaspoon brown sugar

Dash of ground cinnamon
¼ cup California seedless grapes

1. Spread one side of tortilla with cream cheese
2. Mix brown sugar and cinnamon and sprinkle over cream cheese
3. Place grapes in a row at end of tortilla.
4. Roll up.

Makes 1 burrito

GRAPE FROZEN TREATS

½ cup California seedless grapes

1 carton (8 ounce) strawberry-flavored yogurt

1. Empty yogurt into small mixing bowl.
2. Add grapes to yogurt and mix well.
3. Spoon into 3 small (3 ounce) paper cups.
4. Place on a metal pan and freeze at least 2 hours or until hard
5. Tear the paper cup and peel the sides as you eat!

Makes 3 treats

TERRIFIC TRIFLE

A trifle is an English dessert that combines cake, whipped cream, pudding, fruit and other flavorings.

½ cup angel food cake, torn into bite-sized pieces
4 segments of canned mandarin orange, drained
1 tablespoon whipped topping

4 tablespoons orange-flavored yogurt
8 California seedless grapes

1. Place pieces of cake in bottom of small bowl.
2. Spread 2 tablespoons of the yogurt over cake.
3. Scatter oranges over yogurt.
4. Spread remaining 2 tablespoons of yogurt over oranges.
5. Scatter grapes over yogurt.
6. Spoon whipped topping on grapes.

Makes 1 trifle

Supporting State Extension Goal: Heal, Safety and Well Being

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