

## 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.



Looking for a source of fresh local fruits and vegetables??? ...  
Look here... [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Speciality Crop Block Grant  
Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

## 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.



Looking for a source of fresh local fruits and vegetables??? ...  
Look here... [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Speciality Crop Block Grant  
Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

## 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.



Looking for a source of fresh local fruits and vegetables??? ...  
Look here... [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Speciality Crop Block Grant  
Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

## 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.



Looking for a source of fresh local fruits and vegetables??? ...  
Look here... [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Speciality Crop Block Grant  
Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

## 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>.

Share your recipes!

Nutrition Information		
Serving Size	¼ 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	

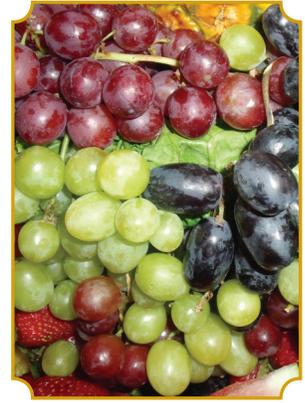
## GRAPE AND CASHEW SALAD SANDWICH

### 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>.

Share your recipes!

Nutrition Information		
Serving Size	¼ 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	

## 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>.

Share your recipes!

Nutrition Information		
Serving Size	¼ 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	

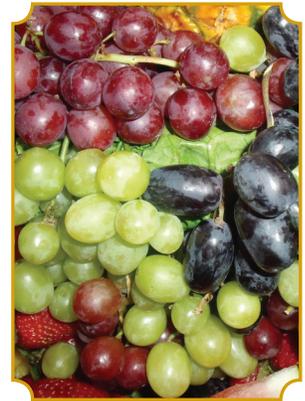
## GRAPE AND CASHEW SALAD SANDWICH

### 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>.

Share your recipes!

Nutrition Information		
Serving Size	¼ 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	