

Taste Test: Green Grapes



Green grapes are a small, oval, berry-like fruit with a thin skin and a juicy interior. They are crunchy and have a sweet, yet tart flavor. There are many different types of grapes. Some contain seeds while others are seedless. Green grapes grow on vines in warm places like Italy, Spain, France, United States, Mexico, and Chile.

Food Fact

Grapes are high in vitamin K, a source of vitamin C and very low in sodium and fat.

How to Choose:

- Choose grapes that are about the size of a marble.
- They should be round, plump, free of wrinkles, and have slightly yellow-green skin.

How to Prepare:

- Wash grapes under cold running water, pat dry, pull off the vine, and enjoy!

How to Store:

- Store in the fridge unwashed in a plastic bag for up to one week.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try green grapes again?

YES NO

Ideas for Serving Green Grapes

- Frozen green grapes can be a sweet, fun summer snack! just wash and dry grapes, then lay them on a cookie sheet and freeze in the freezer. Once frozen, transfer grapes to a plastic bag and return to the freezer.
- Green grapes can be added to any fruit salad.

Green Apple Slaw

Makes 12 servings

Ingredients:

- ½ cup light mayonnaise or salad dressing
- 2 tsp honey
- ½ tsp poppy seeds
- 4 granny smith apples, quartered and thinly sliced (4 cups)
- 1 Tbsp lemon juice
- 1 ½ cups coarsely chopped cabbage
- ¾ cup seedless green grapes, halved
- ½ cup thinly sliced celery



Directions:

1. In a small bowl, stir together mayonnaise, honey, and poppy seeds. Set aside.
2. In a large salad bowl, combine apples and lemon juice; toss to combine. stir in cabbage, grapes, and celery. Pour dressing over mixture; toss gently to coat. Cover with plastic wrap or foil and chill in the refrigerator for 1 to 24 hours before serving.

Recipe adapted from <http://www.eatingwell.com/recipe/259942/green-apple-slaw/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. for more information please contact APPLE Schools at info@appleschools.ca.

¹EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx. Accessed December 22nd, 2017