How to eat Grapes:

- Grapes are a great grab-and-go snack. No preparation necessary! Just wash and eat. They also hold up great in fruit salads.

- Grapes surprisingly taste great in savory dishes. Add some halved grapes with your favorite roasted chicken recipe. Check out the website Grapes from California for some great recipes!

- Add halved grapes to any of your favorite salads for a sweet and savory dish.

There are many varieties of grapes, but they can be categorized into two main groups, table grapes are the ones we find at the grocery store and grapes used to make wine and raisins. Table grapes are larger in size and can be made seedless and have very thin skins. Wine grapes are usually smaller in size, have seeds and much thicker skins. When choosing grapes, look for ones that are fully ripened, they should be plump and free from wrinkles. Fully ripened grapes will have the highest concentrations of antioxidants. One cup of grapes is about 100 calories and 1 gram of fiber. They are a good source of Vitamin K, copper and Vitamin B2. Grapes are known for their phytoneutrients and antioxidants which are most concentrated in the skin and seeds.

Couscous and Grape Salad
Makes: 10 servings

Ingredients:
- 3 cups vegetable stock
- 2 cups couscous
- 2 cups grapes
- ½ cup pine nuts or slivered almonds
- 1 cup dried apricots, sliced
- 1 cup green onions, sliced
- ½ cup parsley, chopped
- ¼ cup fresh mint, chopped
- 2 tsp. salt
- 1 tsp. black pepper
- 1 tsp. cinnamon
- ½ tsp. cayenne pepper
- ½ cup olive oil
- ½ cup lemon juice

Directions:
Bring vegetable stock to a boil in a sauce pan and stir in couscous. Remove from the heat and cover. Let couscous stand until cool, then fluff with a fork. To make the dressing, whisk together oil, lemon juice, cinnamon, cayenne, salt and pepper. Combine all ingredients in a large bowl and toss to coat with dressing.

Nutrition Facts:
276 calories, 7g protein, 41g carbohydrate, 3g fiber, 13g sugar, 10g fat, 0mg cholesterol, 467mg sodium
How to eat Beets:

- Raw! Slice them up and serve them with a sprinkle of chile and lemon.
- Roast beets in the oven until they are tender and juicy. Mix with some greens and crumbled goat cheese.
- Pickled beets are a great snack. Buy them or pickle them yourself with this [recipe](#).

Beets are a root vegetable that grow underground. They have an earthy flavor with a slight sweetness. Beets earthy flavor is great paired with the sharp flavors like lemon or goat cheese.

Beet and Barley Salad

Makes: 8 servings

Ingredients:
- 4 medium beets
- 3 cups water
- 1 cup dry pearl barley
- ½ large red onion, diced
- 1 bunch rainbow chard
- 3 tbsp. lemon juice
- 4 ounces feta cheese, crumbled
- 2 ½ tbsp. olive oil
- Salt and pepper to taste

Directions:

Heat the oven to 450 degrees. Wrap beets in foil and roast in the oven until fork tender. Allow the beets to cool before peeling and dicing.

Bring 3 cups of water to a boil and add barley. Cook until tender and drain out water.

Sauté chard stems in the olive oil over medium heat. Add onion and chard leaves and cook until tender. Wisk together lemon juice, olive oil and salt. Combine all ingredients into a bowl and drizzle with dressing.

Nutrition Facts:
185 calories, 8g fat, 2.8g saturated fat, 23.8g carbs, 5.7g fiber, 4.1g sugar, 6.5g protein, 12.6mg cholesterol, 274mg sodium.

Beets are a root vegetable that grow underground. They have an earthy flavor with a slight sweetness. Beets earthy flavor is great paired with the sharp flavors like lemon or goat cheese.

When eating a beet you have to remove its very thin skin. You can peel it off when raw or roast and rub the skin off with a paper towel.

Beets contain antioxidants and have anti-inflammatory properties. 1 cup of raw beets has just 58 calories and 4 grams of fiber. Beets are a good source of folate, manganese, potassium and Vitamin C.

When buying beets, choose small or medium-sized beets that are firm and deep in color. Avoid beets that have spots, bruises or are shriveled.

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Veggie of the Month: Beets