Whole grapes are a serious choking hazard for children younger than four years old. Cut grapes in half lengthwise or even into quarters.

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Grape Basics

### Shop and Save

- For eating fresh, choose table grapes. They have thinner skins and are sweet and juicy. Grapes grown for juice or wine have thicker skins and much more sugar.
- Look for firm, plump grapes that are firmly attached to green, flexible stems.
- Avoid grapes that are shriveled, sticky, have brown spots, or with dry, brittle stems.
- Grapes are commonly purple, red or pale green. They may be seedless or have seeds. Try different colors, sizes and textures by choosing the variety that is lowest in price.

### Raisins

- Depending on the variety of grape, raisins (dried grapes) become dark brown or golden.
- Look for tightly-sealed containers or covered bulk bins. Raisins should feel soft and pliable.
- Store raisins in an airtight container in a cool, dry, dark place.
- Once opened, reseal the package tightly to help prevent hardening. For best quality use within 6 months.
- If raisins become hard, soak in hot liquid for 5 to 15 minutes. Drain and use.
- It takes 1 cup of grapes to make ¼ cup of raisins. They both have about 100 calories.

### Store Well

- Leave grapes on the stem but remove any grapes that are shriveled, brown, or moldy.
- Grapes can be kept on the countertop for a day or two, but last longer when refrigerated. Place them in an open container or perforated plastic bag. For best quality, use within 7 to 10 days.
- Rinse under cool water just before eating. Extra moisture during storage speeds spoilage.

### Waste Less

- Whole grapes are a serious choking hazard for children younger than four years old. Cut grapes in half lengthwise or even into quarters.
Grape and Cucumber Salad

**Ingredients:**
- 3 cups grapes, cut in half or quarters
- 3 cups sliced cucumber
- ¼ cup thinly sliced green onion

**Dressing:**
- ¼ cup vinegar
- 1 teaspoon oil
- 2 teaspoons brown sugar
- ¾ teaspoon salt
- ¼ teaspoon hot sauce, optional

**Directions:**
1. Place the grapes, cucumber and green onion in a medium bowl.
2. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients and hot sauce, if using.
3. Pour over grapes and cucumbers and stir until mixed.
4. Refrigerate leftovers within 2 hours.

**Makes** 6 cups
**Prep time:** 15 minutes

Grape Salsa

**Ingredients:**
- 2 cups grapes, cut in pieces
- ½ cup sliced green onion
- ½ cup diced Anaheim chilies, fresh or canned
- 2 Tablespoons chopped cilantro
- 2 Tablespoons vinegar
- ¼ teaspoon garlic powder or 1 clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon hot sauce

**Directions:**
1. Combine all ingredients in medium bowl; mix well. Let stand at least 1 hour. Drain off excess liquid before serving.
2. Refrigerate leftovers within 2 hours.

**Makes** 2 cups
**Prep time:** 20 minutes + 1 hour standing time

Fruited Tabbouleh

**Ingredients:**
- 1 ½ cups broth, chicken or vegetable
- 1 cup bulgur wheat
- 1 cup grapes, cut in half or quarters
- ¼ cup minced onion
- 3 Tablespoons chopped fresh mint leaves or parsley
- 1 small orange, peeled and diced or ¾ cup (one 11-ounce can) mandarin oranges, drained

**Dressing:**
- 2 Tablespoons oil
- 2 Tablespoons lemon juice or vinegar
- 2 teaspoons sugar
- ¼ teaspoon salt
- ½ teaspoon ground ginger
- ½ teaspoon ground cumin
- ¼ teaspoon black pepper

**Directions:**
2. Remove the cover and fluff the bulgur with a fork. Let cool at least 5 minutes.
3. Stir in grapes, onion, mint or parsley, and orange.
4. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients. Pour over bulgur and toss well. Chill until ready to serve.
5. Refrigerate leftovers within 2 hours.

**Makes** 4 cups
**Prep time:** 25 minutes + cooling time

Visit FoodHero.org for more tasty ways to use grapes.

**Kids Can!**
When kids help make healthy food, they are more likely to try it. Show kids how to:
- *rinse grapes under cool running water.*
- *cut grapes in half or smaller to reduce the chance of choking.*