

Delicious Food Ideas

Fresh Grapes Live Up Any Meal

(NAPSA)—When the days grow shorter, there's good news for anyone who longs for fresh fruit. That's because it's peak grape-growing season in warm and sunny Chile.

Virtually all imported grapes during our winter are from Chile, where the grapes must meet the same safety standards as fruit grown in the U.S.

By adding grapes to your winter diet, when fresh fruit is eaten less often, you know you and your family are getting important nutrients that are otherwise lost to summer. Besides being a very good source of vitamins C and K, grapes contain phytonutrients, which research has shown to have important health benefits.

Store grapes in a plastic bag in the refrigerator and wash them when you're ready to use them.

Green or red, grapes are perfect as a snack, but don't overlook them in your meals. For example, Curried Chicken and Chilean Grapes can be served hot with couscous or rice, or at room temperature in a pita. Here are more grape ideas:

- Top bruschetta with shredded chicken, grapes and cheese; broil.

- Toss rice and grapes with celery, green onions, slivered almonds and mayonnaise for a delicious side salad. Add leftover chicken or pork to turn it into a hearty main dish.

- For a great slow-cooker meal, simmer browned chicken breasts with orange juice, cinnamon and cloves. Add grapes just before chicken is cooked. Serve topped with walnuts.

Find more quick and healthy recipe ideas and information on fresh fruit from Chile at www.cffausa.org.



Chilean grapes add delicious juiciness to this quick dinner.

CURRIED CHICKEN AND CHILEAN GRAPES

- 2 tablespoons oil**
- $\frac{1}{2}$ cup chopped onion**
- 2 teaspoons curry powder**
- 2 teaspoons sugar**
- $\frac{1}{4}$ teaspoon salt**
- $\frac{1}{4}$ teaspoon ground black pepper**
- 1 tablespoon cider vinegar**
- 2 cups cooked chicken, cut into $\frac{1}{2}$ -inch pieces**
- 3 cups (about 1 pound) halved red and green Chilean grapes**
- $\frac{1}{4}$ cup unsalted cashews or toasted slivered almonds**

In a large skillet, heat oil. Add onion; cook and stir until translucent, about 3 minutes. Add curry powder, sugar, salt and pepper. Cook and stir until sugar has dissolved; stir in vinegar. Fold in chicken and grapes; cook just until hot. Stir in cashews. Serve with hot couscous or rice, if desired.

YIELD: 4 portions (about 5 cups)