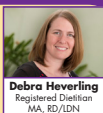




The Dietitian's DISH



Grape Ways to Prepare for Back-to-School



As summer winds down, finding tasty options for a quick weeknight meal or packed lunch is essential for back to school time. You can't go wrong with a light and flavorful chicken salad. When you use Greek yogurt in place of mayonnaise, you cut out fat and calories while boosting calcium and protein. Not bad for a simple swap!

Adding fruit can also boost the antioxidants in any meal. Resveratrol in whole grapes offers the same benefits as in grape juice and red wine - with the added benefit of fiber.

Make grapes your secret ingredient.

Greek Chicken Salad

Ingredients:

- 2 chicken breasts
- 3 Tbsps. Greek plain yogurt
- 1 cup seedless red grapes, halved
- 1 celery stalk, finely chopped
- 1 pinch coarse salt
- 1 pinch freshly ground pepper
- 4 cups mixed greens (baby spinach and romaine)
- 2 Tbsps. candied pecans

Directions:

1. Bring a pot of lightly salted water to a boil. Add the chicken and poach until cooked through, 15 minutes. Remove from water and let rest on a cutting board for 5 minutes. Give the chicken a rough chop, put it in a bowl and stick it in the fridge for a few minutes to cool.
2. Bring the bowl out of the fridge, and add the yogurt, grapes, celery and a pinch of salt and pepper. Mix to combine.
3. Evenly arrange the salad greens among two dinner plates. Top with chicken salad mixture and garnish with candied pecans. Serve immediately.



PB & Grape Roll-ups

Ingredients:

- Peanut butter (or other nut/seed butter)
- 1 cup grapes, sliced
- 1 whole grain tortilla

Directions:

1. Spread peanut butter evenly on the tortilla to within a 1/2-inch of the edge.
2. Top with sliced grapes and roll up.
3. Cut into 1-inch slices.

