

## GRAPE

*Grapes have a long history, dating back thousands of years in the human diet. There are a wide variety of grapes used to make wine. The green and red grapes most commonly available to eat are seedless and referred to as “table” grapes.*

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### BEST COOKING METHODS

- RAW
- ROASTED

### RECIPE IDEAS

- ADD TO SALAD
- FREEZE FOR SUMMER SNACK

### STORAGE

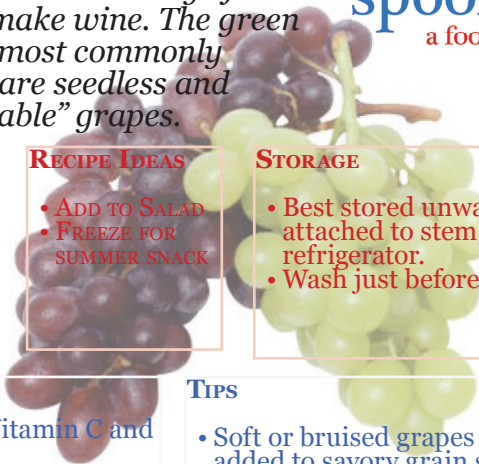
- Best stored unwashed and left attached to stem, in plastic bag in refrigerator.
- Wash just before eating.

### NUTRITION

- Good source of Vitamin C and antioxidants
- Low in calories

### TIPS

- Soft or bruised grapes can be roasted and added to savory grain salads or dark leafy greens for a sweet touch.



## PASTA WITH SAUSAGE AND RED GRAPES

- **2** mild italian sausages, cut into 1-inch chunks
- **1 tbsp** oil (olive or vegetable)
- **1** small red onion, thinly sliced
- **2** cloves of garlic, chopped
- **1 tsp** salt
- **2 c** red grapes
- **1 c** chicken or vegetable broth
- **1/4 tsp** red pepper flakes
- **10 oz** whole wheat pasta
- **Parmesan**, grated, to taste

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SET A LARGE POT OF WATER TO BOIL. IN A LARGE SKILLET, COOK SAUSAGE OVER MEDIUM HEAT, STIRRING AND BREAKING UP, UNTIL WELL BROWNED, ABOUT 15 MINUTES.

TRANSFER SAUSAGE TO A PAPER TOWEL TO DRAIN. ADD OIL TO SKILLET AND RETURN TO MEDIUM HEAT. ADD ONION AND GARLIC WITH  $\frac{1}{4}$  Tbsp SALT AND COOK, STIRRING OCCASIONALLY, UNTIL SOFT AND GOLDEN, 2 TO 3 MINUTES. ADD GRAPES, BROTH AND PEPPER FLAKES; INCREASE HEAT TO MEDIUM-HIGH AND COOK, STIRRING OCCASIONALLY, UNTIL GRAPES SOFTEN OR BURST AND LIQUID THICKENS, ABOUT 10 MINUTES. RETURN SAUSAGE TO SKILLET AND STIR; TURN OFF HEAT. WHEN THE POT OF WATER COMES TO A BOIL, ADD REMAINING  $\frac{3}{4}$  Tbsp SALT AND PASTA; COOK AS DIRECTED ON PACKAGE.

DRAIN PASTA, ADD TO SKILLET, AND TURN ON HEAT TO HIGH. COOK, STIRRING, UNTIL SAUSAGE IS HOT AND PASTA IS COATED WITH SAUCE, 30 TO 60 SECONDS. GARNISH WITH PARMESAN IF DESIRED. SERVES 4.

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