

Grapes



Grapes have a long history, dating back thousands of years in the human diet. There are many grape varieties used to make wine and to eat (some are good for both!). The green, red, and black grapes most commonly available to eat are seedless and referred to as “table” grapes. Grapes are low in calories, but very filling, making them a great snack!

Storage

Grapes are best stored unwashed and left attached to their stem, in a plastic bag in the refrigerator. Wash thoroughly before eating. When buying grapes, look for bunches with green stems: stems turn brown after being picked, so greener stems means fresher grapes!



Cooking

Best eaten raw when fresh, by themselves or in salads. Over-ripe, shriveled, or damaged grapes can also be roasted and added to savory dishes like grain salads or dark leafy greens. Freeze grapes for a cooling summer snack or healthy dessert.

Pasta with Sausage and Red Grapes

lovin'
spoonfuls
a food rescue



Serves: 4 Total Time: 35 minutes

Ingredients:

- 2 mild Italian sausages, casing removed
- 1 small red onion, thinly sliced
- 2 cloves of garlic, chopped
- 2 cups red grapes
- 1 cup chicken or vegetable broth
- ¼ tsp red pepper flakes
- 10 oz pasta (any shape)
- grated Parmesan (optional)

Directions:

1. In a large skillet over high heat, cook sausage, stirring and breaking up into small pieces until well browned, 10-15 minutes. Remove sausage, leaving excess fat in pan.
2. While sausage cooks, cook pasta according to package directions.
3. Lower pan to medium heat. Add onion and garlic and cook, stirring occasionally, until soft and golden, about 2-3 minutes.
4. Add grapes, broth, and pepper flakes and cook, stirring occasionally, until grapes soften or burst and liquid thickens, about 10 minutes.
5. Return sausage to skillet and stir; turn off heat.
6. Drain pasta, add to skillet, and turn heat to high. Cook and stir until sausage is hot and pasta is coated with sauce, about 30-60 seconds. Top with Parmesan if desired.

