

Grape Juice

Health Benefits:

- Antioxidants repair damaged cells and also prevent them from further damage.
- Promotes digestive health
- Flavonoids raise the level of HDL (good) cholesterol. This prevents blockage of arteries and the heart remains healthy.

How Can it Be Used?

- Grape juice can be served as a beverage by itself
- It can also be used to make homemade jam, salad dressings, marinades, punches, or desserts and baked goods.

Grape Salad Dressing

Ingredients:

1/4 cup of vegetable or olive oil

3/4 cup Grape Juice

2 Tbsp. lemon juice

1/2 tsp. lemon zest

1/2 tsp. chopped fresh mint

1 tsp. grated fresh ginger

1/4 tsp. garlic powder (optional)

Salt to taste

Directions:

1. Whisk ingredients together. Pour over mixed greens of your choice. Also makes a great marinade for meats.

Breakfast Smoothie Pops

Ingredients:

1/3 cup quick cooking oats

3/4 cup Grape Juice

2 1/4 cups frozen blueberries

1 cup nonfat vanilla Greek yogurt

1/2 cup almond milk or low-fat milk

Directions:

1. Add oats to blender. Pulse until finely chopped.

2. Add grape juice, blueberries, yogurt and milk to a blender. Purée until smooth.

3. Pour into 12 (1/3 cup) ice pop molds. Freeze for 4 -6 hours or until firm. To easily release pops from molds, dip in warm water before removing.

Chicken Tacos with Tomato and Grape Juice Salsa

Ingredients:

Tacos:

8 6-inch corn tortillas, warmed
1 lb. cooked shredded chicken
2 cups dark mixed greens
1 ½ cups tomato and grape juice salsa

Cilantro, if desired

Salsa:

¾ cup low-sodium salsa
¾ cup Grape Juice
½ tsp ground cumin
Juice of 1 lime

Directions:

1. Place corn tortillas in a 200° F oven to warm.
2. While tortillas are warming, in a small saucepan stir together salsa, grape juice and cumin. Heat gently until warmed throughout. Remove from heat. Add lime juice and stir to incorporate.
3. Remove corn tortillas from oven. Top each tortilla with mixed greens. Add chicken. Spoon salsa over the chicken. Add cilantro, if desired.

Grape Glazed Ham

Ingredients:

10 pound smoked ham
1 cup Grape Juice
1/2 cup of grape jam
1 tsp. of grated orange rind
Pineapple and maraschino cherries for garnish

Directions:

1. In a bowl combine grape juice, jam and orange rind and stir until well blended.
2. Bake the ham as usual. One hour before it is ready, pull the ham from the oven and score the outer fat layer with a sharp knife in a crisscross pattern. Brush about 1/2 the glaze mix onto the ham and return it to the oven and bake for about 30 minutes and then brush with the remaining glaze mix.
3. This recipe will make 1/12 cups of glaze, enough to glaze a 10# ham. You also may want to garnish the ham with pineapple and cherries prior to glazing.

For more recipes visit:

www.concordgrapejuice.com/recipes.htm

www.welchs.com/recipes