



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Grapes for Good Health!

Grapes make a quick, convenient snack.

To store them longer, only rinse them when you're ready to eat.

*They offer many health benefits:*

- ✓ Polyphenols for a healthy heart
- ✓ Resveratrol to fight insulin resistance
- ✓ Potassium to help blood pressure
- ✓ Vitamin K for strong bones
- ✓ Vitamin C for healthy teeth and gums
- ✓ Antioxidants to improve mental health



You can freeze grapes for a cool treat (they're like bite-sized natural popsicles).

Or, add fresh grapes to things like chicken salad and side salads.

*These recipes offer quick, minimally cooked meals to beat the summer heat!*

### Heart Healthy Chicken Salad

#### Ingredients:

- 4 skinless, boneless chicken breasts (4 oz. each)
- 1/3 cup reduced-fat mayonnaise
- 2 Tbsp. fat-free sour cream
- 2 tsp. lemon juice
- 2 tsp. chopped fresh tarragon or 1 tsp. dried tarragon
- 1 Tbsp. chopped celery
- 1/2 cup seedless red grapes, quartered
- 1/4 cup chopped walnuts
- 2 scallions, chopped
- Black pepper to taste
- Red leaf lettuce leaves, for serving



#### Directions:

1. Preheat grill to medium-high. Grill chicken for about 5 minutes on each side, or until cooked through. Let cool. With a knife, dice chicken breasts into bite-sized pieces.
2. In a large bowl, combine chicken, mayonnaise, sour cream, lemon juice, grapes, walnuts, celery, scallions, tarragon, and black pepper.
3. Toss gently. Serve on a bed of lettuce.

*Recipe and image courtesy of Healthcooks.com.*

### Tomato Peach Onion Burrata Salad

#### Ingredients:

- 1 pint grape or cherry tomatoes, cut in half
- 2-3 peaches, sliced into wedges
- 1 cup grapes, cut in half
- 1/2 cup blueberries
- 1 Vidalia Onion, sliced thin
- 8 oz. burrata cheese (at room temperature)
- 1/2 lemon
- Fresh herbs – thyme, rosemary, and basil
- Salt and pepper to taste (if desired)



#### Directions:

1. In a large bowl add all the fruits and vegetables, except the lemon and herbs.
2. On a large platter, place half the burrata cheese on each end.
3. Add the fruits and vegetables from the bowl to the plate.
4. Squeeze the juice from the lemon onto the salad.
5. Sprinkle on your favorite fresh herbs.
6. Top with salt and pepper, if desired.

*Recipe (edited) and image courtesy of HealthyFamilyProject.com.*