Dole Recipe: Spinach Crostini with Apple and Grape Relish

(More recipes available at dole.com)

Nutrition Facts

Serves: 16          Prep Time: 10 minutes          Prep Time: 10 minutes

Ingredients:
¾ cup apple cider
1 pkg. DOLE® Spinach Cherry Almond Bleu Salad Kit
½ DOLE apple, peeled and diced
½ cup DOLE Grapes, quartered
1 tablespoon minced fresh parsley
1 tablespoon thinly sliced DOLE Green Onions
Salt to taste
16 (⅛-inch thick) baguette slices
1 tablespoon olive oil

Directions:
1. Simmer apple cider over medium heat until it reduces by half and slightly thickens. Add dried cherries from the salad kit and remove from heat and set aside. Once the cider comes to room temperature, stir in apples, grapes, parsley and green onions. Season with salt and set aside.
2. Preheat broiler to high. Brush the baguette slices with olive oil and a sprinkle of salt. Toast baguette slices under the broiler.
3. Sprinkle the bleu cheese from salad kit evenly between all the toasted baguette slices. In small batches, slice spinach leaves from salad kit into thin strips. Transfer spinach and carrot strips to a bowl and toss with the dressing from the salad kit.
4. Divide the dressed spinach between the baguette slices and top with a spoonful of the apple and grape relish.

Ten Delicious Ways to Eat Grapes

1. Substitute fresh grapes for jelly in a peanut butter sandwich.
2. Roast grapes and Brussels sprouts for a side dish.
3. Eat frozen grapes for dessert.
4. Make roasted grape crostini with goat cheese.
5. Add grapes to chicken salad.
6. Make your own grape sorbet.
7. Cook grapes in a skillet and season with rosemary.
8. Bake whole wheat grape muffins.
9. Grill grape and chicken skewers.
10. Add grapes to whole grain salads like farro or quinoa.
Research

Institutions worldwide have studied grapes and their important nutrients. Here are a few relevant studies and nutrition talking points:

Eating grapes may help lower blood pressure.

*University of Michigan Health System. “Benefit of grapes may be more than skin deep: Lower blood pressure, reduced heart damage.” ScienceDaily. ScienceDaily, 23 April 2009.

Grapes may be beneficial to those with Parkinson’s disease.


Grapes may improve bone health.


Compounds found in grape seeds may help with weight management.


Red grapes contain resveratrol, an antioxidant compound that may improve blood flow in patients with coronary heart disease.


Tweets

#Grapes are an excellent source of vitamins C & K. Snack on grapes today!

Frozen #grapes make a refreshing and sweet snack or dessert

Use frozen #grapes to chill and naturally flavor still or sparkling water

Try this take on PB&J: enjoy plain Greek yogurt, peanut butter & #grapes for breakfast

Add sliced #grapes to salads for a sweet and juicy punch of flavor

Observances

May 27: National Grape Popsicle Day