

## Cooking Healthy Meals in 30 Minutes or Less



### Start with staples

Cooking healthy and quickly starts with a well-stocked kitchen. If you have the ingredients at hand to prepare a nutritious meal, you're less likely to dial out for pizza. The key to healthy eating is to begin with the right staples. Keep your kitchen full of fresh fruits and vegetables and healthy foods that your family enjoys.

Below are some recipes that you can make in a jiffy.

### Chicken with Wine-Basted Grapes

#### Ingredients:

2 boneless skinless chicken breasts or fish fillets  
2 teaspoons olive oil  
1 tablespoon thinly sliced shallots  
1/2 teaspoon dried thyme leaves, crushed  
1 cup halved California seedless grapes  
1/4 cup dry white wine  
Salt and pepper

#### Directions:

Sprinkle chicken \* or fish with salt and pepper. Heat oil in a frying pan and brown on each side. Remove to baking dish and bake 12 minutes at 375 degrees F. Sauté shallots in pan drippings. Stir in 1/2 teaspoon salt, thyme, dash pepper and wine. Gently boil 2 minutes or until liquid is reduced by half. Add grapes and boil 1 minute longer. Remove from heat and serve grape sauce over chicken. Makes 2 servings.

Nutritional Analysis Per Serving: 264 Cal., 27 g pro., 8 g fat (27% Cal. from fat), 16 g carb., 73 mg chol., 1.0 g fiber, 650 mg sodium.

\* For grilled chicken, prepare sauce by sautéing shallots in olive oil, then completing the sauce per directions above.

### Quick-Fix California Pizza

#### Ingredients:

1 (10 oz.) ready-to-bake pizza dough  
1/2 cup prepared pizza sauce  
4 ounces thinly sliced lean Canadian-style bacon

1 jar (6 oz.) marinated artichoke hearts, drained and sliced  
1-1/2 cups halved California seedless grapes  
1/2 cup shredded part skim mozzarella cheese  
1 tablespoon shredded Parmesan cheese

**Directions:**

Pat pizza dough into bottom of 10-inch pizza pan. Spread dough with sauce. Arrange Canadian-style bacon, artichoke hearts and grapes on sauce. Sprinkle cheeses evenly over top. Bake at 400 degrees F 10 to 12 minutes or until cheese melts and edges brown.

Makes 6 servings.

\*One ready-to-use, (10-inch) pizza shell may be used.

Nutritional Analysis Per Serving: 246 Cal., 14 g pro., 8 g fat (27% Cal. from fat), 34 g carb., 16 mg chol., 4 g fiber and 805 mg sodium.

**Grape, Cheese and Salsa Pita Sandwiches**

**Ingredients:**

1 cup California seedless grapes, halved  
1 cup shredded Monterey Jack cheese  
1/2 cup shredded carrots  
1/4 cup chopped celery  
salt and pepper to taste  
4 pita breads, halved  
prepared salsa

**Directions:**

Lightly mix grapes, cheese, celery, salt and pepper; refrigerate until lunch time. To serve, fill pita halves with grape filling and salsa.

Makes 4 servings.

Nutritional Analysis Per Serving: 300 cal., 13.6 g pro., 9.7 g fat (28% Cal. from fat), 40.6 g carb., 25 mg chol., 1.4 g fiber and 499 mg sodium.

**Fast, Fabulous Five-Cup Salad**

**Ingredients:**

1 cup green California seedless grapes

1 cup red California seedless grapes  
1 cup pre-cut romaine lettuce  
1 cup pre-cut iceberg lettuce  
1 cup pre-cut shredded carrots  
Honey-Lime Dressing

**Directions:**

Mix grapes, lettuce and carrots. Add Honey-Lime Dressing and toss to mix. Makes 6 servings.

Honey-Lime Dressing:

Combine 1/3 cup lime juice, 1/4 cup honey, 1 teaspoon grated lime peel, 1 teaspoon salt and a generous dash of cayenne pepper; mix well until all ingredients are blended.

Makes about 1/2 cup.

Nutritional Analysis Per Serving: 95.7 Cal., 1 g protein, .4 g fat (4% Cal. from fat), 24.8 g carb., 0 mg chol., 1 g fiber and 365 mg sodium.

**Practically Perfect Picnic Salad**

1 cup California seedless grapes  
1 can (15 oz.) small white beans, drained  
1/2 cup diced celery  
1/4 cup minced green onion  
2 tablespoons chopped parsley  
Lemon-Mustard Dressing  
Lettuce leaves

**Directions:**

Combine all ingredients except lettuce; mix well. Serve on lettuce leaves.

Makes 4 servings.

Nutritional Analysis Per Serving: 248 Cal., 10.2 g pro., 7.6 g fat (22% Cal. from fat), 36.6 g carb., 0 mg chol., 9.3 g fiber and 170 mg sodium.

**Lemon-Mustard Dressing:** Combine 2 tablespoons vegetable oil, 2 tablespoons lemon juice, 1 teaspoon Dijon-style mustard, 1/4 teaspoon salt and 1/4 teaspoon pepper; mix well. Makes 1/4 cup.

## Recipes from Grape lovers across the Country

### Grape Upside- Down Cake

Preheat oven to 350 degrees. Grease a 9 x 12 inch baking pan. Wash grapes and pinch stems off. Cook in heavy sauce pan until pulp is soft; run through a sieve or cheesecloth to remove seeds, if necessary. Place grape pulp into saucepan, add skins and  $\frac{3}{4}$  cup sugar; cook until skins are tender (about 15 minutes). You should have about 2 cups of pulp.

Sift dry ingredients into mixing bowl. Add shortening,  $\frac{1}{2}$  cup milk, eggs and vanilla; beat 2 minutes. Add remaining milk; beat 30 seconds. Pour into prepared pan. Spread grape mixture over top of batter. NOTE: Grape layer will sink to the bottom during baking. Bake 45 minutes. Serve warm with whipped cream, if desired. Makes 12 servings.

#### **Ingredients:**

2 lbs. red grapes, seeded or seedless

$\frac{3}{4}$  cup sugar

1 tsp. salt

2  $\frac{1}{4}$  cup cake flour

1  $\frac{1}{3}$  cups sugar

2  $\frac{1}{2}$  tsp. baking powder

$\frac{1}{2}$  cup shortening 1 cup milk

1 tsp. vanilla

2 eggs

## **Chicken Salad**

Cook chicken till done, skin and bone, cut into small pieces. Let cool. Cook rice till done. Mix everything together, then use enough mayonnaise for mixing.

### **Ingredients:**

1 chicken breast

1 cup celery, diced

1-20 oz.can pineapple chunks, drained

2-11 oz. cans mandarin orange segments, drained

2 cups seedless grapes, cut in half

1 cup rice mayonnaise

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## **Pasta Salad With Green Grapes**

Cook macaroni according to package directions, drain well. Cool. Rinse macaroni in water to cool quickly. Drain well. Add remaining ingredients and toss lightly with ½ cup ranch salad dressing. Chill before serving.

### **Ingredients:**

8 oz. shell or elbow macaroni

2 cups chopped boneless chicken breast (cooked)

½ cup sliced almonds

2 cups green seedless grapes

1 cup sliced water chestnuts

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## Harvest Salad

### **Ingredients:**

12 cups leaf lettuce

1 lb green & 1 lb red grapes (seedless)

½ lb cooked medium shrimp, peeled and deveined

¼ cup sliced green onions

1 package (3 oz) Oriental Ramen noodles

¼ cup raisons

¼ cup golden raisons

¼ cup toasted walnuts or sunflower kernels

Salad dressing of your choice.

In a large bowl, combine lettuce, grapes and shrimp.

Break Ramen noodles into small pieces (save the seasoning packet for another use) add to salad with the chow mein noodles, raisons, onion, and walnuts.

Drizzle with dressing, toss to coat. yield = 16 servings

## White Gazpacho

Combine all ingredients except radishes.

Remove half the solids and place in a food processor. Do not use a blender. Pulse briefly and stir into remaining soup. Chill for 2 hours.

Garnish each serving with sliced radishes.

### **Ingredients:**

¾ cup seedless green grapes

2 tbsp. chopped fresh dil

1 cucumber, peeled and chopped  
1- Granny Smith apple, peeled, cored, and chopped  
3 - scallions (white and green parts), sliced  
1 ½ cup plain yogurt or butter milk  
1 ½ cup ice water  
Salt and pepper to taste.  
4 radishes, sliced paper thin

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### **Grape Cup**

Combine juice and liqueur; stir in fruits except for 4 small grape clusters.

Chill thoroughly.

Garnish each serving with small clusters of grapes. Serves four.

#### **Ingredients:**

2 cups orange juice  
2 tbsp. orange liqueur  
2 cups green grapes, seeded  
½ cup red or blue grapes, seeded  
½ cup grapefruit segments  
½ cup melon cubes  
½ small banana, sliced  
4 small grape clusters (for garnish)

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### Creamy Grape Cup

Wash, dry and chill grapes.

Stir in sour cream and cognac.

Add brown sugar to taste and chill.

#### **3 Ingredients:**

cups seedless grapes

½ cup sour cream

1 tbsp. Cognac

brown sugar

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### Country Grape Sherbet

Combine ingredients and beat until sugar dissolves. Pour into 2 refrigerator trays and freeze until nearly firm. Turn mixture into chilled bowl and beat until fluffy and smooth. Work fast and do not let mixture melt. Return to trays and freeze until firm. Makes 6 servings. To freeze, wrap blocks of sherbet, seal, label and date. Recommended storage time is 1 month. Note: attractive and tasty when garnished with fresh strawberries, cherries or red raspberries. 1 cup dairy sour cream

#### **Ingredients:**

1 cup milk

¼ cup lemon juice

1 egg white, beaten

1 ½ cups sugar

1 cup concord grape juice.

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### **3-Way Frozen Salad**

Whip cheese, slowly add cream, beat until thick. Fold in other ingredients. Pour into muffin cup pans lined with cupcake papers. Garnish with nuts, maraschino cherries or coconut. Makes about 18 cupcakes. Place in freezer. When frozen, remove from pans, put in plastic bags and return to freezer. Recommended storage time up to 1 month. To serve: remove from paper cups, place on crisp greens.

#### **Ingredients:**

2-3 oz. packages cream cheese

1 cup heavy cream

Tbsp. lemon juice

1/3 cup mayonnaise

1 cup miniature marshmallows

1 cup white seedless grapes

1-1lb. 15 oz. can crushed pineapple, (drained)

green food coloring

¼ tsp. peppermint extract

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### **Grape Ice Cream**

A simple and surprisingly delicious ice cream, the color of lilacs. Mix the cream, grape juice, and sugar together and stir until the sugar is dissolved. Add fresh lemon or lime juice to taste. Freeze in a hand-cranked or electric ice cream maker. Makes 1 quart.

#### **Ingredients:**

1 pint heavy cream

1 ¼ cups unsweetened grape juice

1/3 cup sugar

Few drops of fresh lemon or lime juice

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## **Carmalized Grapes**

Wash and dry grapes. Mix sour cream, sugar and vanilla together. Pour cream mixture over grapes and stir gently. Pour into a 9x13 pan. In a saucepan, bring butter and brown sugar to a boil. Immediately pour over grapes. Don't stir. Chill for 3-4 hours.

### **Ingredients:**

5 Cups Seedless Red Or Green Grapes

2 C Sour cream

1/2 C Sugar

2 Tbsp Vanilla

1/2 C Butter

1/2 C Brown sugar