PURPLE POWER
Heart-Healthy Recipes with 100% Grape Juice
BERRY BERRY GRAPE SMOOTHIE

Berries, yogurt and Welch’s 100% Grape Juice combine for a delicious heart-healthy smoothie that will start your day off with a smile.

INGREDIENTS
• 1 cup frozen blueberries
• 1 cup frozen raspberries
• ¼ cup frozen cranberries
• ½ cup frozen grapes
• ¾ cup Welch’s 100% Grape Juice
• ¼ cup water
• ½ cup fat-free plain Greek yogurt

PREPARATION
• Add all ingredients to a blender and process until completely combined.
• Pour into two tall glasses and serve immediately.

Serving Suggestion: Add 2 tbsp ground flaxseed as an optional ingredient.

Preparation Time: 5 minutes
Total Time: 5 minutes | Number of Servings: 2

NUTRITION PER SERVING
SERVING SIZE: 12-OUNCE GLASS
• Calories: 193
• Total Fat: 1g
• Saturated Fat: 0g
• Sodium: 28mg
• Cholesterol: 3mg
• Carbohydrates: 42g
• Protein: 8g
• Fiber: 7g
• Sugars: 31g
**BROILED GRAPE FRENCH TOAST**

This twist on classic French toast features the one-of-a-kind Concord grape and makes for a tasty and heart-healthy start to the morning.

**RECIPE CREATED BY: BRITTANY POULSON, MS, RDN, CDE**

**INGREDIENTS**
- 4 large eggs
- 1 cup 1% milk
- ½ cup Welch’s 100% Grape Juice
- 1 teaspoon vanilla
- 8 slices 100% whole wheat bread
- 2 cups red or purple seedless grapes, washed with stems removed

**PREPARATION**
- Turn broiler on high with the top rack approximately 6-8 inches from the top. Spray a baking sheet with nonstick cooking spray or line with parchment paper.
- In a shallow bowl, whisk the eggs, milk, grape juice and vanilla together. One by one, dip the slices of bread in the egg mixture until soaked through and place on the prepared baking sheet.
- Place the red grapes on the baking sheet around the bread. Place in the oven and broil until the tops of the bread are golden, about 3 minutes. Turn over the slices of bread and continue to broil an additional 2-3 minutes, or until the bread is golden.
- Remove the French toast from the pan. Return the grapes to the oven and continue broiling an additional 5 minutes.
- Serve the French toast topped with broiled grapes.

**Nutrition Per Serving**

<table>
<thead>
<tr>
<th>Serving Size: 1 Slice</th>
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<tr>
<td>Calories: 155</td>
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<td>Protein: 8g</td>
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<tr>
<td>Fiber: 2g</td>
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<tr>
<td>Sugars: 11g</td>
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</tbody>
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**Serving Suggestion:** Drizzle with pure maple syrup, if desired.

Preparation Time: 10 minutes | Cook Time: 11 minutes | Total Time: 21 minutes | Number of Servings: 8
CHICKEN TACOS WITH TOMATO AND GRAPE JUICE SALSA

INGREDIENTS
For the Tacos
• 8 6-inch corn tortillas, warmed
• 1 lb. cooked shredded chicken
• 2 cups dark mixed greens
• ¾ cups tomato and grape juice salsa
• Cilantro, if desired
For the Salsa
• ¾ cup low-sodium salsa
• ¾ cup Welch’s 100% Grape Juice made with Concord grapes
• ½ tsp ground cumin
• Juice of 1 lime

PREPARATION
• Place corn tortillas in a 200°F oven to warm.
• 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.
• Remove corn tortillas from oven. Top each tortilla with mixed greens. Add chicken. Spoon salsa over the chicken. Add cilantro, if desired.

Serving Suggestion: Serve tacos with ½ cup black beans and ½ cup brown rice for a balanced meal. Sauce can also be served over flank steak, fajita meat or rice for added flavor.

Preparation Time: 10 minutes  |  Cook Time: 15 minutes
Total Time: 25 minutes  |  Number of Servings: 8

NUTRITION PER SERVING
SERVING SIZE: 1 taco + 3 tbsp salsa
• Calories: 138
• Total Fat: 2g
• Saturated Fat: 0g
• Sodium: 46mg
• Cholesterol: 41mg
• Carbohydrates: 15g
• Protein: 15g
• Fiber: 2g
• Sugars: 2g

Protein power collides with the bold flavor of the Concord grape for an easy and heart-healthy meal that delivers big taste and nutrition.
CHUNKY GRAPE SALSA

This scrumptious salsa brings fruits, vegetables and herbs together for a sweet and savory treat that’s perfect as a heart-healthy snack or complement to chicken or fish.

INGREDIENTS
• 1 medium navel orange, peeled and cut into ½-inch pieces (about 3/4 cup)
• 8 oz. seedless Welch's grapes, stemmed and cut into quarters
• ½ cup chopped red pepper
• ¼ cup chopped cilantro
• ¼ cup chopped green onions
• 1 tbsp minced jalapeños (optional)
• ½ cup Welch’s 100% Grape Juice
• About 1 tbsp fresh lime juice

PREPARATION
In a medium bowl, mix the orange, grapes, red pepper, cilantro, green onions and jalapeños if using. Stir in the grape juice and lime juice. Taste and adjust the seasoning with more lime juice if needed.

Preparation Time: 15 minutes | Cook Time: N/A
Total Time: 15 minutes | Number of Servings: 4

NUTRITION PER SERVING
SERVING SIZE: ¼ RECIPE
• Calories: 80
• Total Fat: 0.3g
• Saturated Fat: 0.1g
• Sodium: 5mg
• Cholesterol: 0mg
• Carbohydrates: 20
• Protein: 1g
• Fiber: 2g
• Sugars: 18g
COFFEE-RUBBED PORK TENDERLOIN
WITH A CONCORD GRAPE SAUCE

INGREDIENTS
• 1 lb pork tenderloin, trimmed
• 1 tablespoon canola oil
• 2 tablespoons instant espresso powder
• ¼ teaspoon salt
• ½ tablespoon freshly ground black pepper
• 1 teaspoon garlic powder
• 2 teaspoons chili powder
• 1 teaspoon paprika
• 1 teaspoon onion powder
• ½ tablespoon dry mustard

CONCORD GRAPE SAUCE
• ½ cup red seedless grapes
• ½ cup Welch’s 100% Grape Juice
• 2 tablespoons balsamic vinegar
• ¾ cup chicken stock

PREPARATION
• Preheat oven to 400°F.
• Mix the pork rub ingredients (espresso powder through dry mustard) together in a small bowl to make the rub. Coat the pork evenly with the rub.
• Heat the oil in a large oven-proof skillet over medium-high heat. Add the pork to the skillet and pan-fry on all sides for a total of 2 minutes.
• Transfer the skillet to the preheated oven. Bake for about 12-15 minutes or until the internal temperature reaches 145°F. Remove from the oven and let rest for 3-4 minutes before serving.
• Meanwhile, prepare the Concord grape sauce. Heat a medium saucepan over medium heat and blister the grapes, stirring occasionally.
• Add the grape juice and balsamic vinegar, and simmer until reduced by half.
• Add the chicken stock and simmer until reduced by half.
• Cut pork into 8 slices and serve drizzled with the Concord grape sauce.

NUTRITION PER SERVING
SERVING SIZE: 2 pork slices with ¼ cup Concord grape sauce
• Calories: 234
• Total Fat: 7g
• Saturated Fat: 1g
• Sodium: 241mg
• Cholesterol: 75mg
• Carbohydrates: 17g
• Protein: 26g
• Fiber: 1g
• Sugars: 10g

Preparation Time: 10 minutes
Cook Time: 10 minutes (plus 3-4 additional minutes to let the pork rest)
Total Time: 23-24 minutes
Number of Servings: 4
EASY BREAKFAST SMOOTHIE POPS

INGREDIENTS
• ¼ cup quick cooking oats
• ¼ cup Welch’s 100% Grape Juice
• 2¼ cups frozen blueberries
• 1 cup nonfat vanilla Greek yogurt
• ½ cup almond milk

PREPARATION
• Add oats to blender. Pulse until finely chopped.
• Add grape juice, blueberries, yogurt and almond milk to a blender. Purée until smooth.
• Pour into 12 (⅓ cup) ice pop molds. Freeze for 4 to 6 hours or until firm.
Tip: To easily release pops from molds, dip in warm water before removing.

Preparation Time: 10 minutes | Chill Time: 6 hours
Total Time: 6 hours and 10 minutes | Number of Servings: 12

NUTRITION PER SERVING
SERVING SIZE: 1 POP
• Calories: 46
• Total Fat: 0.6g
• Saturated Fat: 0.1g
• Sodium: 13mg
• Cholesterol: 1mg
• Carbohydrates: 8g
• Protein: 3g
• Fiber: 1g
• Sugars: 6g
GRAPE JUICE CHIA CUPS

With just a little prep, these fresh fruit cups give you a produce-packed snack to keep on hand for a heart-healthy afternoon pick-me-up.

INGREDIENTS
- 1 cup Welch’s 100% Grape Juice
- ¼ cup chia seeds
- 1 cup mixed fresh fruit chopped, such as strawberries, kiwis, pineapple and mango

PREPARATION
- Mix grape juice and chia seeds in a 4-cup glass measure. Stir well.
- Cover and refrigerate for 8 hours or overnight, until mixture has thickened.
- Divide evenly among 4 serving bowls. Top with fruit.

Preparation Time: 5 minutes  |  Chill Time: 8 hours
Total Time: 8 hours and 5 minutes  |  Number of Servings: 4

NUTRITION PER SERVING
SERVING SIZE: 1 BOWL
- Calories: 149
- Total Fat: 7g
- Saturated Fat: 0.7g
- Sodium: 64mg
- Cholesterol: 0mg
- Carbohydrates: 22g
- Protein: 5g
- Fiber: 9g
- Sugars: 13g
GRAPE JUICE FROYO BITES

INGREDIENTS

• ¾ cup Welch’s 100% Grape Juice
• ½ cup fat-free plain Greek yogurt
• 1 tablespoon honey

GRAPE JUICE FROYO BITES

Perfect on a hot summer day or as an on-the-go snack, these frozen grape juice froyo bites are sure to please both kids and adults alike.

PREPARATION

• Whisk together grape juice, yogurt and honey until blended.
• Pour into ice cube trays; freeze for 4 to 6 hours or until set.

Serving Suggestion: Add berries to the center of each bite before freezing, if desired.

Preparation Time: 5 minutes | Chill Time: 4-6 hours
Total Time: 4 hours 5 minutes to 6 hours 5 minutes
Number of Servings: 6-8 (makes about 14 bites)

NUTRITION PER SERVING

SERVING SIZE: 2 BITES

• Calories: 34
• Total Fat: 0g
• Saturated Fat: 0g
• Sodium: 8mg
• Cholesterol: 1mg
• Carbohydrates: 7g
• Protein: 2g
• Fiber: 0g
• Sugars: 7g
KALE GRAPE SKILLET

Concord grape juice adds a burst of sweetness to this heart-healthy kale and grape side dish.

RECIPE CREATED BY: KATIE SERBINSKI, MS, RD

INGREDIENTS
• 2 tablespoons olive oil
• 1 small shallot, diced (about ¼ cup)
• 5 cups baby kale leaves
• ½ cup red or green grapes, sliced in half
• 1 clove of garlic, minced (about 1 teaspoon)
• ¼ cup Welch’s 100% Grape Juice
• Salt and pepper (about ¼ teaspoon each)

PREPARATION
• Heat oil in a skillet over medium heat. Add shallot, kale and grapes. Stir occasionally, for 2-3 minutes.
• Add garlic and continue cooking for an additional 3 minutes. Add grape juice to skillet, then cover and let steam for 2 minutes.
• Remove lid and season with salt and pepper. Serve immediately.

Preparation Time: 5 minutes | Cook Time: 10 minutes
Total Time: 15 minutes | Number of Servings: 4

NUTRITION PER SERVING
SERVING SIZE: ½ CUP
• Calories: 102
• Total Fat: 7g
• Saturated Fat: 1g
• Sodium: 83mg
• Cholesterol: 0mg
• Carbohydrates: 9g
• Protein: 1g
• Fiber: 1g
• Sugars: 6g
KOREAN STYLE PULLED CHICKEN SLIDERS

These tender, sweet and spicy sliders are mighty good, like the mighty Concord grape they are made from.

INGREDIENTS
• 2 tbsp gochujang (Korean hot pepper paste)
• 2 tbsp olive oil, divided
• 8 uncooked, boneless, skinless chicken thighs (42 ounces)
• 1 onion, chopped (about ¾ cup)
• 2 cloves garlic, minced (about 2 tsp)
• 2 tbsp tomato paste
• ½ cup Welch’s 100% Grape Juice
• 3 tbsp rice wine vinegar
• 2 cups reduced-sodium chicken broth
• 8 whole wheat buns, split
• 2 cups green cabbage, finely shredded
• 1 carrot, peeled and shredded (about ½ cup)
• 1 cup matchstick cucumbers
• ¼ cup fresh cilantro leaves

PREPARATION
• Combine gochujang and 1 tbsp (15 mL) olive oil in shallow dish; add chicken thighs and turn to coat. Refrigerate for 1 hour.
• Heat remaining oil in shallow saucepan or Dutch oven set over medium heat; cook onion and garlic for 6 to 8 minutes or until softened. Add tomato paste and cook for 1 minute.
• Add grape juice and rice wine vinegar; bring to boil. Boil for 1 minute. Add chicken broth, 1 cup water, chicken and gochujang; bring to boil. Reduce heat; cover and simmer for 25 to 30 minutes or until chicken is tender. Remove chicken (reserve pan sauce) and let cool. Shred with two forks.
• Bring sauce to simmer over medium heat; simmer for 18 to 20 minutes or until thickened and reduced to 1 cup. Add shredded chicken and toss to coat. Divide chicken among buns. Top with cabbage, carrot, cucumbers and cilantro.

NUTRITION PER SERVING

SERVING SIZE: 1/8 RECIPE
• Calories: 410
• Total Fat: 13g
• Saturated Fat: 3g
• Sodium: 526mg
• Cholesterol: 140mg
• Carbohydrates: 36g
• Protein: 39g
• Fiber: 5g
• Sugars: 9g

Preparation Time: 15 minutes | Cook Time: 45 minutes
Total Time: 1 hour | Number of Servings: 8
Make your mornings easier – prep these oats the night before and wake up to a heart-healthy breakfast packed with fruit, fiber and flavor.

OVERNIGHT OATS WITH GRAPE AND BERRY COMPOTE

INGREDIENTS
Grape Juice Compote
• 2 cups blueberries
• ¼ cup Welch’s 100% Grape Juice
• 1 tbsp lemon juice

Oats
• 1 ⅓ cups large-flake rolled oats
• 1 ¼ cups original almond milk
• 2 tsp brown sugar
• ½ tsp vanilla
• ½ tsp cinnamon

PREPARATION
• Grape Juice Compote: Heat blueberries, grape juice and lemon juice in saucepan over medium heat. Bring to boil. Reduce heat and simmer for 10 minutes until slightly thickened. Let cool and refrigerate overnight.

• In glass bowl, stir oats with almond milk, brown sugar, vanilla and cinnamon. Refrigerate overnight.

• In morning, divide oats between dishes. Top with Grape Juice Compote.

Preparation Time: 5 minutes  |  Chill Time: 8 hours
Total Time: 8 hours and 5 minutes  |  Number of Servings: 4

NUTRITION PER SERVING
SERVING SIZE: ¼ RECIPE
• Calories: 202
• Total Fat: 3g
• Saturated Fat: 0.4g
• Sodium: 46mg
• Cholesterol: 0mg
• Carbohydrates: 42g
• Protein: 4g
• Fiber: 6g
• Sugars: 15g
POACHED PEARS IN GRAPE JUICE

POACHED PEARS IN GRAPE JUICE
An all-ages take on poached pears in wine! This heart-healthy version is kid-friendly, but also has an upscale look that can work for a dinner party.

INGREDIENTS
• ½ cups Welch’s 100% Grape Juice
• 2 cinnamon sticks
• Rind of an orange, 2 strips
• 4 pears (Bosc or Bartlett), peeled and halved, leaving stem in tact

PREPARATION
• In a medium saucepan bring the grape juice, cinnamon and orange rind to a boil.
• Place the pears upright (with stem on top) into the saucepan and simmer for 15-20 minutes on medium to low heat.
• Make sure to keep the pears moist by spooning the juice over them as they simmer.
• Remove pears from the sauce, reserve and cool completely.
• Simmer the remaining sauce and reduce it to about ⅓ cup. Remove from heat and cool. Drizzle the sauce over the pears when ready to serve.

Serving Suggestion: Garnish with whipped cream or vanilla pudding.

NUTRITION PER SERVING
SERVING SIZE: 1 pear with 1 tablespoon remaining sauce
• Calories: 184
• Total Fat: 0g
• Saturated Fat: 0g
• Sodium: 8mg
• Cholesterol: 0mg
• Carbohydrates: 49g
• Protein: 1g
• Fiber: 7g
• Sugars: 36g

Preparation Time: 10 minutes | Cook Time: 20 minutes
Total Time: 30 minutes | Number of Servings: 4
This fruity masterpiece brings extra shine to your rise and shine, with a bold, sweet taste and the nutrition power of purple.

**INGREDIENTS**
- 1 cup Welch’s 100% Grape Juice
- 1 cup baby spinach
- 1 cup Welch’s frozen raspberries
- 1 cup Welch’s frozen blueberries
- ¼ cup nonfat Greek yogurt
- ½ cup ice cubes

**PREPARATION**
- Place grape juice, spinach, raspberries, blueberries, yogurt and ice in blender.
- Blend until smooth and pour into 2 glasses. Makes 3 cups.

**NUTRITION PER SERVING**
- **SERVING SIZE: ½ CUP**
  - Calories: 165
  - Total Fat: 1g
  - Saturated Fat: 0g
  - Sodium: 41mg
  - Cholesterol: 1mg
  - Carbohydrates: 37g
  - Protein: 5g
  - Fiber: 7g
  - Sugars: 28g

Preparation Time: 5 minutes | Total Time: 5 minutes

Number of Servings: 2
ROASTED CHICKEN WITH HARVEST FRUIT AND VEGETABLE CHUTNEY

Bring the dark purple Concord grape to the dinner table with this mouthwatering chicken dish featuring a heart-healthy chutney made with 100% grape juice.

INGREDIENTS
For the Chicken
• Four 3 oz. boneless, skinless chicken breasts, rinsed, patted dry and lightly pounded
• Salt and freshly ground black pepper
• ¼ cup low-sodium chicken broth

For the Chutney
• 1½ cups Welch’s 100% Grape Juice made with Concord grapes
• 1 Tbsp rice wine vinegar
• 2 dried apricots, finely chopped (about 1 Tbsp)
• 3 chestnuts, roasted, shelled and diced (about 3 Tbsp)
• 1 small apple, diced (about 1 cup)
• 1/2 cup diced red onion
• 1/4 cup diced celery
• 1 tsp ground ginger
• 1 Tbsp finely chopped fresh thyme leaves or 1 tsp dried
• 1 tsp finely chopped fresh rosemary leaves or 1/3 tsp dried

PREPARATION
• Preheat oven to 350°F.
• Season chicken lightly with salt and generously with pepper.
• Arrange chicken smooth side up in a small roasting pan. Add chicken broth to pan.
• Bake for 15 minutes, then brown under broiler for a few minutes.
• While chicken is cooking make the chutney. In a medium saucepan, combine the first 8 ingredients (grape juice through ginger). Bring to a boil, then reduce heat to medium and cook for 15 minutes. Stir in herbs and keep warm until ready to serve.
• To serve: Place 1 chicken breast on each plate and using slotted spoon, top with ¼ of the chutney.

Preparation Time: 30 minutes | Cook Time: 30 minutes
Total Time: 1 hour | Number of Servings: 4

NUTRITION PER SERVING
SERVING SIZE: 1 chicken breast, ¼ of chutney
• Calories: 208
• Total Fat: 3g
• Saturated Fat: 0.6g
• Sodium: 128mg
• Cholesterol: 62mg
• Carbohydrates: 26g
• Protein: 21g
• Fiber: 2g
• Sugars: 20g
INGREDIENTS

For the Dressing
• ½ cup Welch’s 100% Grape Juice
• ¼ cup olive oil
• ½ cup Kefir, low-fat, plain
• 1 tbsp balsamic vinegar
• 1 tbsp Kikkoman Ponzu Lime sauce
• 1 tbsp minced garlic
• Dash of cayenne pepper
• Salt and pepper to taste (¼ tsp each)

For the Salad
• 5 cups baby arugula, washed and dried
• 1 tsp olive oil
• 1 pear, cored and quartered (about 1 cup)
• 1 fennel bulb, cored and quartered (about 2 cups)
• 1 small red onion, halved and sliced (about ¾ cup)
• 1 tbsp chia seeds

PREPARATION

• Preheat oven to 400°F.
• Make the dressing: Whisk all ingredients for dressing in a bowl. Set aside.
• In a small, rimmed baking sheet, drizzle olive oil over fennel and season with salt and pepper. Cover with foil and bake for 15 minutes.
• Uncover, turn fennel over, add pears cut side up and bake for another 15 minutes or until fennel is tender. Transfer to a plate.
• Thinly slice fennel and dice pears.
• Combine arugula and onion in a large bowl. Add fennel and pears, and toss gently.
• Toss salad with half the dressing.
• Sprinkle with chia seeds and serve with additional dressing on the side.

Preparation Time: 15 minutes | Cook Time: 30 minutes
Total Time: 45 minutes | Number of Servings: 4

NUTRITION PER SERVING
SERVING SIZE: ¼ salad + 2 tbsp vinaigrette
• Calories: 150
• Total Fat: 8g
• Saturated Fat: 1g
• Sodium: 99mg
• Cholesterol: 0.6mg
• Carbohydrates: 20g
• Fiber: 6g
• Sugars: 12g
A simple glaze made with 100% grape juice brings this flavorful, heart-healthy salmon dish to life.

SPICED SALMON FILLETS WITH GRAPE JUICE GLAZE

INGREDIENTS

Grape Juice Glaze
- 1 tbsp olive oil
- 2 shallots, finely chopped (about ⅓ cup)
- ½ cup Welch’s 100% Grape Juice
- 2 tsp red wine vinegar

Roasted Salmon
- 4 (5 ounces each) salmon fillets
- 1 tbsp vegetable oil
- 2 tsp packed brown sugar
- ½ tsp each salt and smoked paprika
- ¼ tsp each ground coriander, cumin, dry mustard and freshly ground pepper

PREPARATION

- Preheat oven to 400°F. Line baking sheet with foil or parchment paper. Brush each salmon fillet with oil.
- Combine brown sugar, salt, smoked paprika, ground coriander, cumin, dry mustard and freshly ground pepper. Sprinkle evenly over fish.
- Bake for 10 to 12 minutes or until cooked through and fish flakes easily with fork.
- Meanwhile, in a small saucepan, heat olive oil over medium heat. Add shallots and sauté until translucent.
- Add grape juice and red wine vinegar and bring to a boil. Boil for 15 to 17 minutes, until reduced by two-thirds.
- Drizzle over salmon.

NUTRITION PER SERVING

SERVING SIZE: ¼ RECIPE
- Calories: 301
- Total Fat: 16g
- Saturated Fat: 2g
- Sodium: 358mg
- Cholesterol: 78mg
- Carbohydrates: 10g
- Protein: 29g
- Fiber: 0.6g
- Sugars: 8g

Preparation Time: 10 minutes | Cook Time: 20 minutes
Total Time: 30 minutes | Number of Servings: 4
SWEET AND SPICY BBQ PORK SKEWERS

Firing up the grill? These zesty skewers offer a heart-healthy option – without sacrificing an ounce of flavor.

INGREDIENTS
- 1 cup Welch’s 100% Grape Juice
- 3 cloves garlic, minced (about 1 tbsp)
- 1 tbsp minced fresh ginger root
- 2 tsp Sriracha hot sauce
- ¾ tsp Chinese five-spice powder
- ¼ tsp pepper, divided
- 1 uncooked pork tenderloin (1 lb), trimmed and cut into 1-inch pieces
- 8 mini baby bok choy
- 1 tbsp olive oil

PREPARATION
- Stir together grape juice, garlic, ginger, Sriracha, five-spice powder and half of the pepper. Place pork in resealable plastic bag; add grape juice mixture. Seal and refrigerate for 30 minutes.
- Toss together bok choy, olive oil and remaining pepper. Thread pork and bok choy evenly onto metal or soaked bamboo skewers.
- Heat grill to medium heat; grease grate well. Cook skewers, turning, for 6 to 8 minutes or until pork is grill-marked and internal temperature reaches 160°F (71°C).

Preparation Time: 10 minutes | Cook Time: 10 minutes
Chill Time: 30 minutes | Total Time: 50 minutes
Number of Servings: 4

Serve skewers with steamed brown rice or a fresh salad.

SWEET & SPICY BBQ PORK SKEWERS

INGREDIENTS
- 1 cup Welch’s 100% Grape Juice
- 3 cloves garlic, minced (about 1 tbsp)
- 1 tbsp minced fresh ginger root
- 2 tsp Sriracha hot sauce
- ¾ tsp Chinese five-spice powder
- ¼ tsp pepper, divided
- 1 uncooked pork tenderloin (1 lb), trimmed and cut into 1-inch pieces
- 8 mini baby bok choy
- 1 tbsp olive oil

PREPARATION
- Stir together grape juice, garlic, ginger, Sriracha, five-spice powder and half of the pepper. Place pork in resealable plastic bag; add grape juice mixture. Seal and refrigerate for 30 minutes.
- Toss together bok choy, olive oil and remaining pepper. Thread pork and bok choy evenly onto metal or soaked bamboo skewers.
- Heat grill to medium heat; grease grate well. Cook skewers, turning, for 6 to 8 minutes or until pork is grill-marked and internal temperature reaches 160°F (71°C).

Preparation Time: 10 minutes | Cook Time: 10 minutes
Chill Time: 30 minutes | Total Time: 50 minutes
Number of Servings: 4

Serve skewers with steamed brown rice or a fresh salad.

NUTRITION PER SERVING
- SERVING SIZE: ¼ RECIPE
- Calories: 261
- Total Fat: 8g
- Saturated Fat: 2g
- Sodium: 267mg
- Cholesterol: 83mg
- Carbohydrates: 15g
- Protein: 33g
- Fiber: 2g
- Sugars: 12g
INGREDIENTS

For the Meatballs
• 1 lb. uncooked lean ground turkey
• 1 large egg
• ½ cup plain dry bread crumbs
• ¼ cup very finely chopped onion
• 1 garlic clove, minced
• ¼ tsp pepper
• ¼ cup Welch’s 100% Grape Juice
• 1 tbsp Dijon mustard

For the Sauce
• ¾ cup Welch’s 100% Grape Juice
• ½ cup no-salt-added ketchup
• 1 tbsp Dijon mustard
• 1 tbsp minced onion

PREPARATION

• Preheat oven to 350°F. Spray a 10x17x1-inch baking sheet with cooking spray.

• In a large bowl, mix the turkey, egg, bread crumbs, onion, garlic, pepper, grape juice and mustard until blended.

• Moisten your hands and shape the turkey mixture into 1-inch balls. (It is important to make them all the same size so that they cook evenly.)

• Place the meatballs on the prepared pan so that they do not touch.

• Bake the meatballs 15-18 minutes or until cooked through.

• In a large skillet, combine the grape juice, ketchup, mustard and onion. Bring to a simmer. Add the cooked meatballs and stir gently until the meatballs are coated with the sauce. Simmer 5 minutes. Serve warm.

Preparation Time: 10 minutes  |  Cook Time: 20 minutes
Total Time: 30 minutes  |  Number of Servings: 8

NUTRITION PER SERVING
SERVING SIZE: 3 MEATBALLS

• Calories: 191
• Total Fat: 8g
• Saturated Fat: 2g
• Sodium: 182mg
• Cholesterol: 68mg
• Carbohydrates: 17g
• Protein: 12g
• Fiber: 4g
• Sugars: 10g
THAI SPRING ROLLS WITH SWEET AND SPICY GRAPE DIPPING SAUCE

These veggie-packed spring rolls pair perfectly with a spicy grape dipping sauce – a creative take on traditional Asian plum sauce.

RECIPE CREATED BY: JESSICA PATEL, RDN, LDN

DIPPING SAUCE

- 1 cup Welch's 100% Grape Juice
- 1 tablespoon fresh ginger, peeled and minced
- 1 clove garlic, minced (about 1 teaspoon)
- 1 tablespoon tamari soy sauce (gluten-free if needed)
- 3 tablespoons maple syrup
- 2 tablespoons apple cider vinegar
- ¼ teaspoon crushed red pepper
- ¾ teaspoon corn starch mixed with 1 teaspoon water

SPRING ROLLS

- 10 spring roll skins (found in the Asian section of your grocery store)
- 1 medium English cucumber, cut into matchsticks (about 1 1/3 cup)
- 15 baby carrots, cut into matchsticks (about 3/4 cup)
- 1 avocado, thinly sliced (about 1 1/3 cup)
- 10 small basil leaves

PREPARATION

- Heat a small saucepan over medium heat.
- Combine grape juice, ginger, soy sauce, maple syrup, apple cider vinegar and red pepper, and bring to a boil. Reduce heat to low and simmer for 20 minutes. Whisk in corn starch and let simmer for 5 more minutes.
- Remove from heat, transfer to a glass container or bowl and let cool.
- Fill a large shallow bowl or a plate (with a lip) with warm water.
- Set the spring roll skin into the warm water and submerge with your finger tips to let soften. This will happen very quickly (about 25 seconds). Remove the skin just before it’s soft, and carefully hold to let the water drip off.
- Working quickly, place the skin on the cutting board and fill with veggies, avocado and basil at one edge.
- Fold the skin over the veggies and tuck the edge. Tuck in the sides and continue to roll.
- Set aside and repeat nine more times.
- Serve immediately with the grape dipping sauce.

NUTRITION PER SERVING

SERVING SIZE: 2 rolls with 2 tablespoons sauce

- Calories: 180
- Total Fat: 6g
- Saturated Fat: 1g
- Sodium: 150mg
- Cholesterol: 0mg
- Carbohydrates: 29g
- Protein: 4g
- Fiber: 4g
- Sugars: 10g

Preparation Time: 20 minutes
Cook Time: 25 minutes
Total Time: 45 minutes
Number of Servings: 5
VEGAN TEMPEH MUSHROOM BOURGUIGNON

INGREDIENTS

• 1 block tempeh (8 ounces), cubed
• 2 large carrots, chopped (about 1 cup)
• 1 small yellow onion, chopped (about ½ cup)
• 2 garlic cloves, minced (about 2 teaspoons)
• 1 cup Welch’s 100% Grape Juice
• 1 cup + ½ cup low-sodium vegetable stock, divided
• 3 tablespoons red wine vinegar
• 1 teaspoon reduced-sodium tamari or soy sauce
• ½ teaspoon herbs de Provence
• ½ teaspoon black pepper
• 1 bay leaf
• 1 teaspoon olive oil
• 3 tablespoons tomato paste
• 1 cup button mushrooms, quartered

This vegan dish brings together the nutritious combination of tempeh, mushrooms and carrots slowly simmered in a delicious, Concord grape sauce.

RECIPE CREATED BY: EMILY COOPER, RDN

PREPARATION

• In a large bowl with a lid, combine tempeh, carrots, onion, garlic, grape juice, 1 cup of stock, vineger, tamari or soy sauce, herbs de Provence, pepper and bay leaf.

• Cover and refrigerate for 1 hour.

• Heat oil in a large dutch oven or stockpot over medium-high heat.

• Strain vegetables and tempeh and reserve marinade.

• Add vegetables and tempeh to pot and sauté for 5 minutes.

• Stir in tomato paste followed by reserved marinade.

• Reduce heat to medium-low, cover and simmer for 20 minutes.

• Add mushrooms and remaining vegetable stock and cook an additional 10 minutes.

Preparation Time: 1 hour | Cook Time: 35 minutes
Total Time: 1 hour and 35 minutes | Number of Servings: 2

NUTRITION PER SERVING

SERVING SIZE: ½ RECIPE

• Calories: 416
• Total Fat: 16g
• Saturated Fat: 3g
• Sodium: 579mg
• Cholesterol: 0mg
• Carbohydrates: 46g
• Protein: 27g
• Fiber: 5g
• Sugars: 28g