

Produce Pick Of The Market

Doug 's Dishes

Seedless Grapes



Chicken Salad with Grapes and Walnuts

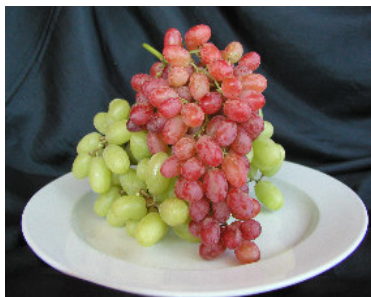
Makes approximately 5 cups of salad

- 1 Lb. Chicken meat, cooked, cooled and diced
- 1 C. Grapes, seedless, green or red, sliced
- ½ - 1 C. Mayonnaise, Extra Heavy
- ½ C. Walnut pieces, lightly toasted
- 1 Tb. Apple Sauce
- 1 tsp. Honey
- 1 tsp. Dijon Mustard
- ½ C. Celery, small diced
- ¼ C. Onions, Spanish, small diced
- 2 Tbl. Chives, minced
- To Taste Kosher or sea salt and white pepper, freshly ground

In a large mixing bowl, starting with half of the mayonnaise, combine all of the ingredients and toss well. Adjust consistency to taste with the additional mayonnaise. Season to taste with salt and pepper. Cover and refrigerate until ready to serve.

Fun Facts and Trivia

- The average consumer eats 8—10 lbs of grapes a year.
- One acre of grapes produces about 15,000 glasses of wine.
- Grape growing is the largest food industry in the world.
- The cultivation of grapes dates back to Biblical times.
- Raisins used to be grapes.
- Botanically, grapes are berries.
- There are more than sixty species and eight thousand varieties of grapes.



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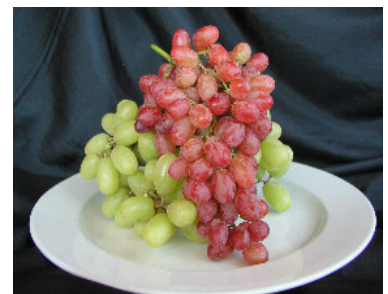
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