



Roasted Grape Salad

4 Servings • 1 Serving = 2 Cups

INGREDIENTS

- 2 cups red or green grapes, picked off the stem
- Zest and juice of ½ small orange
- 1 Tablespoon extra virgin olive oil
- Dash of salt
- 4 cups bitter greens such as baby kale or arugula
- ¼ cup fresh parsley, chopped
- ¼ cup blue cheese or feta cheese
- Freshly ground black pepper, to taste

DIRECTIONS

1. Preheat oven to 350°F. Toss grapes with oil, orange zest, and juice. Transfer to a baking sheet and spread grapes out in an even layer. Season with salt and roast for 20 minutes or until they have burst and have released some of their juices.
2. Remove the grapes and drain them in a colander, catching the juices in a small bowl.
3. Add the greens to a large salad bowl and layer the roasted grapes on top, followed by parsley, and cheese. Drizzle just enough of the reserved juices on top to coat the leaves. Season with black pepper.

Nutrition Facts

4 servings servings per container
Serving size **2 cups**

Amount per serving
Calories **70**

% Daily Value*

Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 250mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 0g Added Sugars	0%

Protein 4g

Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 1mg	6%
Potassium 190mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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