

Vacation at the Vineyard



Recipes by
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Red Grape and Almond Gazpacho

A fresh soup served chilled, made of almonds, fresh red grapes, cucumbers, and olive oil.

Arugula Grape Salad with Roasted Grape Vinaigrette

Fresh red grapes and jicama over arugula, topped with an oven roasted red grape and champagne vinegar dressing.

Salmon with Barley, Butternut Squash and Shiitake Risotto and Grilled Eggplant

Salmon is cooked in a refreshing Marsala wine with lemons, capers and rosemary paired with barley, butternut squash, and shiitake mushroom risotto simmered in white wine and served with asiago cheese.

Zabaglione

A classic and decadent Fresh dessert made from eggs, sugar, and Marsala wine over fresh, seasonal berries and grapes.



Nutrition Facts for Entire Meal: 696 calories, 24 g fat, 5 g saturated fat, 67 g carbohydrate, 12 g fiber, 41 g protein, 568 mg sodium, 183 mg cholesterol

Roasted Grape Vinaigrette

Serves: 20

Serving Size: 1 TSBP



Nutrition Facts

Calories	53
Fat (g)	5
<i>Saturated Fat (g)</i>	1
Carbohydrate (g)	1
<i>Fiber (g)</i>	0
Protein (g)	0
Sodium (mg)	61
Cholesterol (mg)	0

INGREDIENTS

- ½ lb (about 20) seedless red grapes
- 2 TBSP shallots, minced
- 1 clove garlic, minced
- ½ cup extra virgin olive oil
- ¼ cup champagne vinegar
- 1 TBSP lemon juice
- 1 tsp Dijon mustard
- ½ tsp salt
- ½ tsp black pepper

INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Pick grapes off stems
3. Place on ungreased baking sheet and roast for 15-18 minutes
4. While grapes are roasting, mince garlic and shallots
5. Puree roasted grapes, olive oil, vinegar, lemon juice, mustard, salt and pepper
6. Add garlic and shallots to puree and blend

Nutrition Tip: Red grapes are a good source of antioxidants which can help fight free radicals in the body.

Fun Fact: Seedless grapes are not technically "seedless." The seeds they contain are actually just underdeveloped and appear barely visible.

Arugula Grape Salad

Serves: 4

Serving Size: 1 cup



Nutrition Facts

Calories	111
Fat (g)	8
<i>Saturated Fat (g)</i>	2
Carbohydrate (g)	7
<i>Fiber (g)</i>	2
Protein (g)	3
Sodium (mg)	144
Cholesterol (mg)	5

INGREDIENTS

- 1 cup arugula
- 1 cup mesclun mix
- 1/2 cup jicama, julienne
- 1/2 cup red grapes, sliced in half
- 2 tsp almonds, sliced
- 1/4 cup asiago cheese, shaved
- 1 TBSP roasted grape vinaigrette

INSTRUCTIONS

1. Cut grapes in half
2. Place arugula and mesclun mix in bottom of bowl
3. Top greens with jicama, grapes, almonds, cheese and 1 TBSP dressing

Nutrition Tip: Jicama is very low calorie at only 25 calories per half cup, so it is a great alternative to regular potatoes while still having the same flavor profile.

Fun Fact: Jicama was a dietary staple on ships because of its quenching properties and the fact that it does not need to be refrigerated.

Grilled Eggplant

Serves: 4

Serving Size: 1.5 ounces



Nutrition Facts

Calories	22
Fat (g)	0
<i>Saturated Fat (g)</i>	0
Carbohydrate (g)	5
<i>Fiber (g)</i>	3
Protein (g)	1
Sodium (mg)	99
Cholesterol (mg)	0

INGREDIENTS

- 1 medium eggplant
- ¼ tsp salt

INSTRUCTIONS

1. If desired, first peel eggplant
2. Slice eggplant in to ½ inch thick rounds
3. Season with salt and let sit for 15 minutes
4. Spray both sides of eggplant with cooking spray
5. Prepare grill or grill pan at medium heat
6. Grill eggplant on both sides until golden brown (about 3-4 minutes)

Nutrition Tip: Eggplants, also called aubergine, are a very low carbohydrate vegetable. In one cup of eggplant, half of the total carbohydrates are made up of dietary fiber, about 2.5 grams.

Fun Fact: Salting an eggplant will remove bitter juices and potentially help it absorb cooking oil. However, some culinary experts believe it is only necessary for larger eggplants.

