

HEALTHFUL EATING



It's A Wrap: A New Way To Enjoy The Goodness Of Grapes

(NAPSA)—It's no coincidence that the words "grape" and "great" sound alike. The grape offers great potential for flavorful and healthy eating.

Grapes are loaded with phytonutrients—biologically active substances that come from plants and have beneficial effects on health—such as resveratrol, quercetin, anthocyanin and catechin. Research studies have shown that resveratrol, found primarily in the skin of grapes, has antioxidant properties and may help increase HDL (good) cholesterol and reduce LDL (bad) cholesterol. Resveratrol is also believed to have other heart-health benefits that may help reduce disease risk, as well as anti-inflammatory properties.

Not only are grapes good for you but they're delicious, whether you eat them as a snack or use them in a recipe. That's one reason grapes were chosen as a *Weight Watchers® Pick of the Season* food. Being "Pick of the Season" means the weight-loss organization will feature tasty ways to enjoy grapes in its quarterly series of recipes.

The following recipe for Grape Chicken Caesar Wrap offers a mouthwatering way to savor the flavor of grapes.

For more recipes, visit www.freshcaliforniagrapes.com or WeightWatchers.com.

GRAPE CHICKEN CAESAR WRAP Ingredients

- 1 large whole-wheat tortilla (10"-12" diameter)**
- 1 cup shredded romaine lettuce**
- ½ cup halved seedless grapes**
- ½ cup sliced, grilled, skinless, boneless chicken breast**



Grape Chicken Caesar Wraps are a tasty way to get a healthy serving of phytonutrients.

- 1 tablespoon fat-free creamy Caesar dressing**
- 1 tablespoon shredded Parmesan cheese**

Preparation

1. Place tortilla on flat surface. Arrange lettuce, grapes and chicken along the center of the tortilla about two inches from top and bottom edge; drizzle with dressing and sprinkle with cheese.

2. Fold outer edges inward over filling to enclose; place seam-side down and cut in half diagonally.

(Per serving: POINTS* value: 3, 139 calories, 2 grams fat, 1 gram fiber. Makes two servings.)

* A POINTS Value for this recipe was calculated using the calories, fat and fiber information for one serving. Results may be different than adding the POINTS values listed in the *Getting Started* booklet for each individual participant.

Recipe adapted from California Table Grape Commission.