

## Grape Ideas To Brighten Up The Winter Blahs

(NAPSA)—Feeling low? Not too peppy? You're not alone. Just remember: *It's winter*. Being upbeat and cheerful is a challenge when days are short, weather has two faces, and the threat of colds and flu looms unseen but ready to pounce on a weakened immune system. That's why you should grab a bunch of grapes the next time you're in the market.

The very sight of such a summery treat in the midst of winter is enough to put at least a half smile on your face. But grapes have more than good looks: They're good *for* you. Grapes are a good source of vitamin C, plus potassium and antioxidants to keep your immune system up and running. The biggest surprise is that they're so versatile! Pick them from the bunch and eat them alone by their delicious selves or dunk them in a creamy dip.

Or let them warm up to a family entrée, like in this recipe for Sweet and Spicy Cajun Chicken with Chilean Grapes. A little touch of the unexpected can win over picky eaters much of the time. Grapes partner particularly well with meats and fish, and can quickly play dress-up when you create easy garnishes for decorating desserts or serve as an inventive hors d'oeuvre.

We're able to enjoy grapes all winter long because they hail from Chile, where it's summer right now. Grapes just *love* summer and ripen to become fantastically sweet. They're in abundance in our markets and will be here all winter long to keep us happily munching these sweet nutritious beauties. So when your thoughts run to chilly, think Chile, too. For more recipes and information, visit [www.chileanfreshfruit.com](http://www.chileanfreshfruit.com).



**Grapes add zest to main dishes as well as snacks.**

### **SWEET AND SPICY CAJUN CHICKEN WITH CHILEAN GRAPES**

- 1** tablespoon Cajun seasoning blend
- 4** boneless, skinless chicken breasts, 6-8 ounces each
- 3** tablespoons butter, divided
- 2** tablespoons lemon juice
- 1½** cups (about 8 ounces) green and red Chilean grapes, halved

**Sprinkle Cajun seasoning evenly over both sides of each chicken breast. In large skillet, over medium heat, melt 2 tablespoons of the butter. Add chicken; cook until browned and juices run clear when pierced with a fork, 5 to 7 minutes on each side. Remove chicken to plate; cover loosely with foil to keep warm. Melt remaining 1 tablespoon butter in skillet; stir in lemon juice and 2 tablespoons water. Add grapes; cook and stir over medium heat until hot. Diagonally slice each chicken breast and top with grapes. Garnish with green onions if desired.**

**YIELD:** 4 portions

*Per portion: 340 calories, 46 g protein, 11 g carbohydrate, 12 g total fat (6 g saturated), 1 g fiber, 602 mg sodium*