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# News Release

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## **Dawn Jackson Blatner Stars in New Grape Video**

*Distinguished Dietitian Showcases Three New Recipes with Grapes from California*

Fresno, CA – What’s the one ingredient that can change everything? According to [Dawn Jackson Blatner, RD, CSSD, LDN](#), who is a certified specialist in sports dietetics, author of *The Flexitarian Diet*, nutrition consultant to the Chicago Cubs and blogger for *The Huffington Post*, the answer is easy: when it comes to healthful eating, it’s grapes from California.

“If you know me, you know there are two things I love – entertaining and cooking with fresh, healthy ingredients,” said Dawn. “Grapes from California are the one ingredient that I think can change everything. I toss grapes into all of my recipes for both taste and nutrition, and I love them off the bunch, too, for simple snacking.”

Dawn stars in a just-released video featuring new recipes that demonstrate just how easy it is to mix grapes into everyday dishes for an extra boost of flavor and health. Along with her favorite tips for eating well, she demonstrates these three new and unique grape recipes:

- Tostadas with Grape and Jicama Salsa
- Grape and Lentil Salad
- California Grape Sushi Rolls

One of Dawn’s favorite tips: when it comes to entertaining, always prepare simple, cook-ahead food, so you’re not stuck in the kitchen while everyone else enjoys the party. A flavorful and nutritious make-ahead dish is Tostadas with Grape and Jicama Salsa, starring grapes from California.

Grapes of every color contain a variety of antioxidants and other polyphenols and natural components that may contribute to a healthy heart. Grapes also contain potassium and are a good source of vitamin K, which plays a role in helping blood to clot. And, with just 90 calories, no fat, no cholesterol and virtually no sodium in a  $\frac{3}{4}$  cup serving of grapes, you can feel good about mixing grapes into just about any dish or eating them one by one.

To view Dawn’s videos, as well as the entire “The One Ingredient That Can Change Everything” video series, plus to download the new recipes, visit the [Grapes from California Website](#).

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