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# News Release

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## **Patricia Bannan 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 [Patricia Bannan, MS, RD](#), a Los Angeles-based registered dietitian specializing in nutrition and health communications and author of *Eat Right When the Time is Tight*, the answer is easy: When it comes to healthful eating, it’s grapes from California.

“Grapes are a food people naturally love,” said Patricia. “They’re portable, and they fit an on-the-go lifestyle—not to mention they’re delicious. Grapes from California are sweet and satisfying on their own, but I also like to cook with them for a punch of color, texture and added nutrition.”

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

- Grilled Salmon Tacos with Grape Pico de Gallo
- Banh Mi-Style Flatbread with California Grapes
- Grape, Feta, and Mint Quinoa Salad

One of Patricia’s tips: Never make a salad without mixing in fresh, seasonal fruit. Grapes are her go-to choice for any salad, but she says they are particularly good in her Grape, Feta, and Mint Quinoa Salad.

Grapes of every color contain a variety of antioxidants and other polyphenols and natural components that may contribute to a healthy heart. And, with just 90 calories, no fat, no cholesterol and virtually no sodium in a ¾ cup serving of grapes, you can feel good about mixing grapes into just about any dish or eating them one by one. Apart from being a natural source of beneficial antioxidants, grapes also contain potassium and are a good source of vitamin K, which plays a role in helping blood to clot.

To view Patricia’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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