

# GRAPE AND BRIE QUESADILLAS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Jalapeños, roasted, peeled seeded and minced	¼ cup
White onion, finely diced	¼ cup
Cilantro, minced	¼ cup
Fresh oregano, minced	2 Tbsp.
Kosher salt	½ tsp.
Black pepper, freshly ground	½ tsp.
Lime juice	2 tsp.
Olive oil	1 Tbsp.
Flour tortillas, 6"	8 ea.
Brie cheese, sliced	½ lb.
Green grapes, sliced	4 cups
Paprika	½ tsp.
Canola oil, for cooking	1 Tbsp.

## **Method**

1. Combine the jalapeños, diced onion, cilantro, oregano, salt and pepper in a small bowl and toss to combine. Add the lime juice and olive oil and toss to coat.
2. Lay out the flour tortillas on the counter. Divide the cheese between the flour tortillas, arranging the pieces on one half. Scatter the green grapes over the halves evenly and then top with the jalapeño mixture. Season each with a little paprika and a little salt.
3. Fold each tortilla in half to make a half moon and brush with a little canola oil.
4. Heat a large sauté pan over medium heat and then cook the tortillas for 3 to 4 minutes, turning once, until they're crispy and the cheese is starting to melt.
5. Cut into wedges and serve immediately.

## **Nutrition Information Per Serving**

Calories	290	Protein	9 g	
Total Fat	15 g	Sodium	490 mg	20% DV
Saturated Fat	7 g	Potassium	220 mg	6% DV
Trans Fat	0 g	Iron	0.5 mg	3% DV
Cholesterol	30 mg	Calcium	70 mg	7% DV
Carbohydrate	30 g	Vitamin A	390 IU	8% DV
Dietary Fiber	2 g	Vitamin C	16 mg	27% DV

# GREEN GRAPE AND ARUGULA SALAD WITH CHAMPAGNE VINAIGRETTE AND SHAVED PARMESAN

*Yield: 8 small salads*

Ingredients	Amounts
<i>Vinaigrette</i>	
Shallots, small	1 ea.
Champagne vinegar	1 oz.
Extra virgin olive oil	3 oz.
Salt and black pepper, freshly ground	to taste
 <i>Salad</i>	
Arugula, stemmed	3 cups
Fennel, shaved	1 cup
Belgian endive, julienne	1 ea.
Orange, cut into segments	1 ea.
Green grapes, halved	1 cup
Parmesan, shaved	2 oz.

## Method

1. *For the vinaigrette:* Peel and thinly slice the shallots lengthwise. Place the shallots in a small bowl and cover with the vinegar and a small amount of salt. Place in the refrigerator for 30 to 45 minutes, until the shallots become bright pink and softened. Add the olive oil and use a fork to gently blend it into the vinegar. Season with salt and black pepper.
2. *For the salad:* Combine the arugula, shaved fennel, endive, orange segments, and green grapes in a large mixing bowl; toss to incorporate. Add the Parmesan and gently mix to combine.
3. Dress with about 4 ounces of vinaigrette and serve.

### Nutrition Information Per Serving

Calories	155	Protein	4 g	
Total Fat	13 g	Sodium	180 mg	8% DV
Saturated Fat	3 g	Potassium	190 mg	5% DV
Trans Fat	0 g	Iron	0.5 mg	3% DV
Cholesterol	6 mg	Calcium	110 mg	11 % DV
Carbohydrate	7 g	Vitamin A	555 IU	11 % DV
Dietary Fiber	1.4 g	Vitamin C	14 mg	23% DV