



California Grape Harvest Bowls



Nicole Osinga
nicoleosinga@gmail.com

Fruits

- ☐ 8 1/4 cups California Grapes
- ☐ 2 tbsps Lemon Juice

Breakfast

- ☐ 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 cup Pumpkin Seeds

Frozen

- ☐ 2 cups Frozen Edamame

Vegetables

- ☐ 2 cups Brussels Sprouts
- ☐ 2 cups Butternut Squash
- ☐ 2 cups Kale Leaves
- ☐ 1/2 cup Red Onion
- ☐ 1 Sweet Potato

Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 4 cups Chickpeas
- ☐ 2 cups Lentils
- ☐ 2 cups Millet

Condiments & Oils

- ☐ 3 tbsps Avocado Oil
- ☐ 2 tbsps Balsamic Glaze
- ☐ 2 tps Balsamic Vinegar
- ☐ 2 tbsps Red Wine Vinegar
- ☐ 1/4 cup Tahini
- ☐ 1 tsp Yellow Mustard



Warm Balsamic California Grape and Lentil Bowl

4 servings
20 minutes

Ingredients

1 tsp Balsamic Vinegar
2 cups California Grapes (black)
1 tbsp Avocado Oil
2 cups Lentils
2 cups Butternut Squash (cubed and roasted)
2 cups Millet (cooked)
2 cups Kale Leaves
2 tbsps Balsamic Glaze

Directions

- 1 Preheat oven to 425°F. Line a pan with parchment paper and add the California grapes. Toss with balsamic vinegar and avocado oil. Cook for 15-16 minutes or until tender and the skins are slightly wrinkled.
- 2 Assemble bowls with the remaining ingredients. Add the roasted California grapes on top and drizzle with balsamic glaze. Enjoy!

Nutrition

Amount per serving	
Calories	606
Fat	8g
Carbs	113g
Fiber	19g
Sugar	15g
Protein	21g
Cholesterol	0mg
Sodium	19mg
Vitamin A	8000IU
Vitamin C	28mg
Calcium	94mg
Iron	7mg



California Grape & Brussels Sprouts Bowl

3 servings
20 minutes

Ingredients

- 1 tsp Balsamic Vinegar
- 2 cups California Grapes (black)
- 2 tbsps Avocado Oil
- 2 cups California Grapes (red)
- 3 cups Chickpeas (roasted)
- 1/2 cup Red Onion (sliced)
- 2 cups Brussels Sprouts (shaved)
- 2 tbsps Red Wine Vinegar
- 1 tsp Yellow Mustard

Directions

- 1 Preheat oven to 425°F. Line a pan with parchment paper and add the black California grapes. Toss with balsamic vinegar and 1 tbsp avocado oil. Cook for 15-16 minutes or until tender and the skins are slightly wrinkled.
- 2 To make the dressing, blend together 1 cup of the red California Grapes, 1 tbsp avocado oil and, 2 tbsp red wine vinegar and 1 tsp mustard
- 3 Assemble bowls with the remaining ingredients. Add the roasted California grapes on top, along with the rest of the red California grapes and drizzle with the dressing. Enjoy!

Nutrition

Amount per serving	
Calories	432
Fat	14g
Carbs	64g
Fiber	16g
Sugar	21g
Protein	17g
Cholesterol	0mg
Sodium	46mg
Vitamin A	548IU
Vitamin C	56mg
Calcium	121mg
Iron	6mg



California Grape & Sweet Potato Bowl

4 servings
20 minutes

Ingredients

1/4 cup Tahini
2 tbsps Lemon Juice
1 tbsp Maple Syrup
2 1/4 cups California Grapes (green & black)
1 cup Brown Rice (cooked)
2 cups Frozen Edamame (thawed)
1 Sweet Potato (peeled, cubed and roasted)
1 cup Chickpeas (roasted)
1/2 cup Pumpkin Seeds

Directions

- 1 To make the dressing, blend together the tahini, lemon juice, 1/4 of the California Grapes, and maple syrup.
- 2 Assemble the bowls with the rest of the ingredients. Drizzle the dressing over when ready to serve!

Nutrition

Amount per serving	
Calories	587
Fat	23g
Carbs	78g
Fiber	13g
Sugar	17g
Protein	25g
Cholesterol	0mg
Sodium	48mg
Vitamin A	4918IU
Vitamin C	11mg
Calcium	167mg
Iron	7mg