Purple: Grapes

More grapes are produced worldwide than any other fruit. All grapes—red and green—contain antioxidants called flavonoids and phenols that may help keep low-density lipoprotein, or LDL (the "bad" cholesterol), from forming plaque and damaging blood vessels.

It only takes 17 crisp, cold grapes to get one of your 5 A Day!

Chicken Salad Sandwich

6 chicken breasts cooked and cubed (6 cups) or more
3/4 cup finely chopped celery
1 small package slivered almonds (don't add until you serve)
1 1/2 cups grapes (seedless)

Dressing
3/4 cup light mayonnaise or Miracle Whip
1/2 cup plain yogurt
2 Tbsp chopped parsley
1 Tbsp lemon juice
1/4 cup red onion, finely chopped
2 Tbsp Dry Ranch Dressing
1/2 tsp salt
1/2 tsp pepper

Mix dressing and stir in chicken, celery, and grapes. Refrigerate until ready to serve. Stir in almonds right before serving. Serve over a bed of romaine lettuce or in a wrap.

(You won't ruin this recipe by increasing amounts of chicken, grapes, or celery ☺)

½ cup of chicken salad provides ¼ serving of fruit