Creamy Pasta Salad with Grapes

Makes Six to Eight Servings

**Ingredients:**

8 oz. small shell pasta

½ cup mayonnaise of your preference; vegan or otherwise

½ cup sour cream

1 Tablespoon lemon juice

½ Tablespoon lemon zest

¾ teaspoon salt

½ teaspoon ground pepper

2 cups green grapes/ halved if you prefer

1 cup frozen baby peas, partially thawed

1 Tablespoon chives, finely chopped

1 Tablespoon dill, finely chopped

½ cup parmesan cheese, shredded

**Directions:**

1. Cook pasta according to directions. Drain and let cool.
2. Prepare the dressing by blending mayo, sour cream, lemon juice, lemon zest, salt and pepper.
3. Place pasta, grapes, peas, chives, dill and parmesan cheese in a medium-large serving bowl.
4. Fold dressing into salad, cover and refrigerate 2 hours to allow flavors to blend.

Grapes are a pleasurable treat, so buy them while in season. Green grapes are packed with potassium and fiber, which can help lower high blood pressure by regulating your cardiovascular system. Like many fruits, green grapes are packed with vitamins and minerals. High on the list of nutrients are: Vitamin B6, Potassium and Manganese.

Grapes are a high-fructose food, which means that eating too many grapes can spike your blood sugar levels, especially if you have type 2 diabetes or fructose intolerance.

One of the benefits to eating green grapes is that you can eat them whole, right off the stem. Wash green grapes before eating them to rid them of any pesticides that may have been sprayed on them.

In addition to eating green grapes raw, many people enjoy eating frozen green grapes. One trick is to freeze green grapes and then use them to chill your glass of wine or grape juice. Grapes also mix well into fruit salads and yogurts, and they make ideal pops of flavor and color for a cheeseboard.