

Raisins

Key Points

- For the best buy, choose dark or golden raisins. They are dried from the same grape!
- Eat raisins plain. They should be sweet and chewy.
- To keep fresh, store in a jar or plastic container with a tight lid. Raisins keep for up to 3 months.
- Raisins contain fiber, which helps keep you regular.



Broccoli Raisin Pasta Salad

Ingredients:

- 1 1/2 cups pasta shells, cooked and drained
- 1 cup chopped broccoli
- 1/2 cup raisins
- 1 onion, chopped
- 1 bell pepper, chopped
- 1/3 cup low fat mayonnaise
- 1 tablespoon vinegar
- 1/2 teaspoon sugar
- Salt and black pepper to taste

Directions:

1. In large bowl, add pasta, broccoli, raisins, onion and red pepper.
2. In a small bowl, mix mayonnaise, vinegar and sugar.
3. Pour dressing over pasta salad in large bowl.
4. Add salt and pepper to taste.
5. Mix well and serve. Enjoy!
6. Refrigerate leftovers.
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Makes 4 servings.

Apple Raisin Salad

Ingredients:

- 1 apple, chopped
- 1/2 cup raisins
- 1/2 cup yogurt
- Cinnamon to taste (optional)

Directions:

1. Combine all ingredients and chill.
2. Enjoy!
3. Refrigerate leftovers.

Makes 2 servings.

Quick Tips

- Eat a handful of raisins for a quick snack.
- Add raisins to pancakes, quick breads, muffins, cookies and cereals.
- Make a snack mix with raisins, nuts and cereals.
- Remember to rinse all fruits and vegetables before using.

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