

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.

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 in a large bowl 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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. Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label—What does it tell us?

Recipe name: Apple Raisin Salad

Nutrition Facts

Serving Size: 1/2 of recipe (168g)

Servings Per Recipe: 2

Amount/Serving

Calories 210 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol less than 5mg **1%**

Sodium 35mg **2%**

Total Carbohydrate 51g **17%**

Dietary Fiber 4g **14%**

Sugars 40g

Protein 4g

Vitamin A 2% Vitamin C 8%

Calcium 10% Iron 6%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Broccoli Raisin Pasta Salad

Nutrition Facts

Serving Size: 1/4 of recipe (208g)

Servings Per Recipe: 4

Amount/Serving

Calories 480 **Calories from Fat** 80

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 87g **29%**

Dietary Fiber 4g **16%**

Sugars 21g

Protein 12g

Vitamin A 20% Vitamin C 130%

Calcium 2% Iron 20%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

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- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

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- Vitamin A
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