



Healthy Ways to Eat Raisins



Dried fruit is high in sugar, so consider serving size:
¼ cup of raisins = 1 serving of fruit

1. Mix into some cooked oatmeal with a pinch of cinnamon. Sweeten bran flakes with raisins.
2. Make your own trail mix! Combine ½ cup raisins, ½ nuts (such as peanuts, cashews, sunflower seeds, almonds, walnuts or pecans) , 1 cup crunchy grains (such as granola, whole grain cereal, bran or corn flakes, or pretzels). Enjoy as a healthy snack on the go!
3. Make your own granola*. Serve on top of plain, nonfat yogurt to make a parfait.

Ingredients:

4 Tablespoons honey	2 Tablespoons oil
½ teaspoon cinnamon	2 cups oats
4 Tablespoons sliced or chopped nuts (optional)	Non-stick cooking spray
½ cup dried fruit (raisins, cranberries, apricots, dates, prunes)	

Directions:

1. Preheat oven to 350° F. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
2. Add oats and nuts (if using). Stir until well-coated with honey mixture.
3. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
4. Bake until lightly browned, about 10-15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven and let cool completely.
5. Transfer cooled granola to a medium bowl. Stir in dried fruit.

4. Make Sweet and Spicy Slaw** . Serve as a side dish or a sandwich topper.

Ingredients:

4 cups chopped or shredded cabbage	2 medium apples, finely chopped, skins left on
½ cup raisins	3 Tablespoons vinegar (like apple cider vinegar)
¼ cup oil	3 Tablespoons honey or sugar
¼ teaspoon cayenne or ½ teaspoon hot pepper sauce	¼ teaspoon salt (optional)

Directions:

1. In a large bowl toss cabbage, apples and raisins.
2. In a small bowl, whisk together oil, honey, vinegar, salt and pepper.
3. Pour liquid over the cabbage/apple mix and toss to coat.
4. Serve as a side dish, or as a topping for sandwiches in place of lettuce.

5. Make Kale Salad with Apples & Raisins. Add beans and brown rice for a complete meal!

Ingredients:

1 large bunch kale (about 4 chopped cups)	3 Tablespoons canola or olive oil
½ cup raisins	1 ½ Tablespoons lemon juice or vinegar
1 large apple, chopped	¼ teaspoon salt
¼ cup shredded or crumbled cheese (optional)	¼ teaspoon pepper
½ cup pecans or walnuts (optional)	1 teaspoon mustard (optional)
	1 teaspoon honey (optional)

Directions:

1. In a large bowl, whisk together oil, vinegar/lemon juice, salt, pepper, mustard and honey (if using).
2. Rinse kale and pat dry. Remove stems and chop into bite size pieces. Add kale to bowl with dressing.
3. Coat kale with dressing by “massaging” it with your hands (squeezing it by the handful), for 1-2 minutes.
4. Add apple, cranberries, shredded/crumbled cheese and nuts (if using) to the kale. Mix to coat and serve.

6. Make Chicken Salad with Raisins. Serve on whole wheat bread or a bed of greens!

Ingredients:

2 (5-oz.) cans of chicken, drained	½ cup chopped celery
¼ cup finely chopped onion	½ cup raisins
½ teaspoon salt	¼ teaspoon pepper
4 Tablespoons low fat mayo or yogurt (or a mix)	1 cup chopped grapes (optional)

Directions:

1. In a bowl, combine chicken, raisins, onion, celery, salt and pepper and grapes (if using).
2. Stir in the mayo and/or yogurt. Serve chilled.

7. Make Moroccan Carrot Salad*. Try serving in a whole wheat tortilla with sliced turkey!

Ingredients:

6 medium carrots, shredded	½ small onion, diced
2 Tablespoons lemon juice	3 Tablespoons oil
1 teaspoon curry powder or chili powder	½ teaspoon salt
¼ teaspoon ground black pepper	¼ cup raisins

Directions:

1. In a medium bowl, combine carrots and onions.
2. In a second small bowl, combine oil, curry/chili powder, salt, pepper, and lemon juice. Mix well.
3. Pour liquid mixture over carrots and onions. Stir in raisins. Mix well. Let marinate 5 minutes and serve.

8. Make Chicken with Apples and Raisins*

Ingredients:

1 large onion	2 large carrots
2 medium apples	1 teaspoon ground cinnamon
1 teaspoon ground coriander (optional)	1 teaspoon ground cumin
½ teaspoon salt, divided	¼ teaspoon ground black pepper
5 pounds bone-in chicken pieces	2 Tablespoons oil, divided
1 (15-oz.) can low-sodium chicken stock	¾ cup raisins

Directions:

1. Peel, rinse, and dice onion and carrots. Rinse and dice apples
2. In a small bowl, mix cinnamon, coriander, cumin, ¼ teaspoon salt, and pepper.
3. Pat chicken dry with paper towel. Remove skin. If using whole chicken legs, separate the thigh and drumstick. If using bone-in chicken breasts, cut in half on the diagonal so pieces are almost even. Rub chicken pieces with spice mixture.
4. In a large skillet over medium heat, heat 1 Tablespoon oil. Add onion, carrots, and apples. Cook, stirring occasionally, until starting to brown, about 15 minutes. Transfer to a medium bowl.
5. Add remaining 1 Tablespoon oil to skillet. Brown chicken in 2 batches, 2-4 minutes per side. Return all chicken pieces to skillet and add broth. Bring to a simmer. Cook, turning occasionally, until chicken reaches an internal temperature of 165° F, about 15-25 minutes depending on size of the pieces. Transfer cooked chicken to a clean plate.
6. Add raisins, vegetable mixture, and remaining ¼ teaspoon salt to skillet. Bring to a simmer and cook until liquid is almost gone, 5-10 minutes more. Serve over cooked chicken.

9. Make Peanut Butter Energy Bites. Enjoy for breakfast, dessert, or on the go snack!

Ingredients:

1 ¾ cup oats	¾ cup peanut butter
1/3 cup honey or maple syrup	1/3 cup raisins

Directions:

1. In a medium mixing bowl, stir together all the ingredients.
2. If the dough is sticky, refrigerate for 2-3 hours or pop it in the freezer for 30 minutes to firm it up.
3. Form the dough into about 24 tablespoon-sized balls and refrigerate for about an hour before enjoying.

*Recipe from Share Our Strength's Cooking Matters™

**Recipe from Michigan Fitness Foundation's Harvest of the Month

