

## What Can You Do with...

# Raisins?

*Raisins are made by sun drying grapes, a process that concentrates their sugars and turns them into a delicious treat. They're ideal snacks for lunch boxes or gym bags, and a favorite ingredient in trail mix. They're also extremely versatile partners for many other foods, and can add a delicious touch of sweetness and pleasing texture to everyday dishes. If they seem dry or sugary, soak them for a few minutes in hot water, lemon juice, vinegar, beer, or wine to wake them up.*

*Here are some easy and tasty ways to add them to your daily meals:*

- 1.** Stir raisins to your hot morning oatmeal or other cooked cereal. Add them to cold cereals, too.
- 2.** Toss a handful of raisins into a stir-fry a few minutes before serving.
- 3.** Include raisins in a curry or a vegetable stew that includes ginger, cinnamon, or turmeric. Add them during the last few minutes of cooking time.
- 4.** Include raisins in a Waldorf-style salad along with apples, grapes, celery, and walnuts. Dress with a spoonful of plain Greek yogurt or mayonnaise.
- 5.** Make instant chutney by adding ½ cup raisins to 1 cup of fig jam; add the juice of 1 lemon and stir until smooth.
- 6.** Combine raisins with shredded carrots and sunflower seeds and dress with a dash of flavored vinegar.
- 7.** Add a handful of raisins to roasted, pureed sweet potatoes.
- 8.** Think of raisins when you sauté broccoli or broccolini; add them a minute or two before serving, along with sliced, toasted almonds.
- 9.** Make your own trail mix by combining raisins with raw cashews, sunflower seeds, almonds, pistachios, walnuts, and peanuts.
- 10.** Raisins make a nice addition to cabbage salads and coleslaw.

