

Healthy Living
Recipes for Healthier Eating





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Raisins and dried fruits are natural foods – the perfect companions to healthier living. Raisins are a high-energy food, providing the natural sugars, potassium, fiber and tartaric acid necessary to keep digestive systems healthy. Plus they are the most concentrated, commonly available fruit source for snacking, baking, recipes and quick additions to salads and cereals.



sunmaid.com



Chicken and Raisin Curry over Basmati Rice, page 12

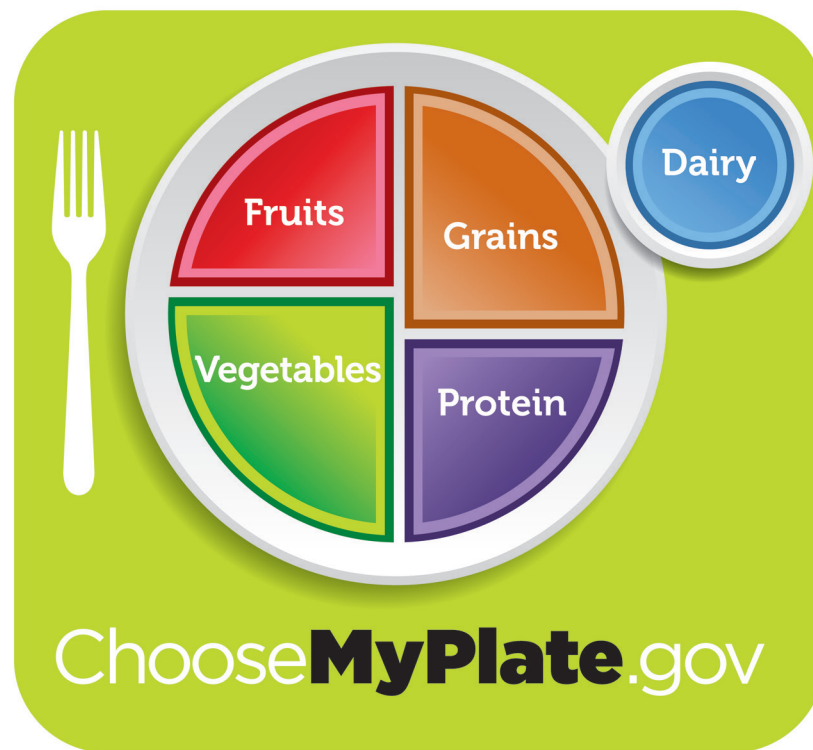
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Since 1912, Sun-Maid has been recognized worldwide for the natural great taste and healthfulness that go into every package of raisins and dried fruit. Annually, Sun-Maid produces more than 200 million pounds of natural raisins. Sun-Maid is committed to meeting the changing needs of our consumers. Yet, as we change with the times, Sun-Maid maintains its tradition of quality that has firmly established the brand as the trusted raisin and dried fruit source for generations of consumers.

Sun-Maid Raisins and dried fruits meet the healthy living guidelines for daily enjoying more fruits and vegetables while consuming less processed flour, sugar-added drinks and meat. A balanced diet and moderate exercise can still be available — and are recommended — for all, no matter how hectic or how casual their lifestyles.



Just 1 oz. (30 grams) of Sun-Maid Raisins equals one complete serving of fruit!

Apple-Raisin Cracked Wheat Cereal



- 1 cup whole kernel wheat
- 1 1/2 cups water
- 1/4 teaspoon salt
- 1 tart apple, peeled, quartered, seeded
- 1/8 teaspoon ground cinnamon
- 1/2 cup Sun-Maid Natural Raisins
- 2 tablespoons sunflower seeds

1. Place whole kernel wheat into the Vitamix Dry Grains container and secure lid. Select Variable 1. Turn machine on and slowly increase speed to Variable 7 or 8. Grind to desired degree of fineness, about 15 seconds.
2. In a saucepan, heat salted water to boiling. Slowly add cracked wheat to boiling water, stirring constantly with a wire whisk. Reduce temperature to low, cover and simmer for 15-20 minutes, stirring frequently.

3. While cracked wheat is cooking, use the Vitamix Standard container to chop apples. Secure lid and remove lid plug. Select Variable 1. Turn machine on and slowly increase speed to Variable 4. While machine is running, drop apple quarters through the lid plug opening, using tamper as needed to chop apples.*
4. Remove the saucepan from the heat and add the chopped apple, cinnamon, raisins and sunflower seeds to the cooked wheat. Stir to combine.
5. Cover and let mixture stand for an additional 5 minutes before serving.

Makes 3 1-cup servings.

**If food bounces around on top of the blades with very little chopping, the speed is set too slow. If it is violently thrown to the container walls, and the resulting particles are too coarse or unevenly chopped, the speed is too fast.*

This recipe has been written for the Vitamix 5200 with Standard 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

Nutrients per serving: Calories 342, Fat 2g (Sat. Fat 0g), Cholesterol 0mg, Protein 9g, Carbohydrate 79g, Sodium 204mg, Fiber 10g, Sugars 22g

Recipe Courtesy of Vitamix 

Apricot Honey Oatmeal

- 3 1/2 cups water
- 1/3 cup chopped Sun-Maid Dried Apricots
- 1/4 cup honey
- 1/2 teaspoon ground cinnamon
- 2 cups Quaker Oats
(quick or old fashioned, uncooked)

1. In 3-quart saucepan, bring water, apricots, honey and cinnamon to a boil.
2. Stir in oats; return to boil. Reduce heat to medium; cook about 1 minute for quick oats (or 5 minutes for old fashioned oats) or until most of liquid is absorbed, stirring occasionally.
3. Remove from heat. Let stand until of desired consistency.

Makes 4 servings.



Nutrients per serving: Calories 250, Fat 3g (Sat. Fat .5g), Cholesterol 0mg, Protein 5g, Carbohydrate 53g, Sodium 10mg, Fiber 5g, Sugars 17g

Recipe Courtesy of The Quaker Oats Company



Raisin, Maple and Bacon Biscuits

- 5 strips bacon, chopped
 - 6 tablespoons real maple syrup, divided
 - 2³/₄ cups all-purpose flour
 - 4 teaspoons baking powder
 - 1 teaspoon kosher salt
 - 1/2 cup (1 stick) cold butter, cut in small cubes
 - 1 cup Sun-Maid Natural Raisins
 - 2 eggs, divided
 - 1/2 cup buttermilk
1. Heat oven to 425°F. Line large cookie sheet with parchment paper.
 2. In 10-inch nonstick skillet, cook bacon over medium-high heat until browned and crispy, stirring frequently. Drain well; reduce heat. Stir in 2 tablespoons of the maple syrup. Cook over low heat 1 minute or until bacon is coated and liquid is evaporated, stirring frequently. Set aside to cool slightly.
 3. Meanwhile, in large bowl, mix flour, baking powder and salt very well. Using pastry blender or 2 table knives, cut butter into flour mixture until mixture is crumbly. Stir in bacon and raisins until well distributed. Make a well in center of ingredients.

4. In medium bowl, beat 1 of the eggs with wire whisk. Whisk in buttermilk and remaining 1/4 cup syrup. Pour into well in dry ingredients. Mix with wooden spoon until moistened. Gather into a ball.
5. Place dough on floured work surface. Knead gently 5 or 6 times. Pat or roll to 3/4-inch thickness.
6. With floured metal 2-inch round biscuit cutter, cut biscuits. Place 1 inch apart on pan. Press scraps together and cut additional biscuits.
7. In small bowl, whisk remaining egg with 1 tablespoon water. Brush egg wash over top of biscuits.
8. Bake 13 to 15 minutes or until golden brown.

Makes about 18 biscuits.

** For Drop Biscuits, use 3/4 cup buttermilk. Spoon dough on cookie sheet, 1/4 cup at a time. Brush with egg and bake as directed. Makes 18 to 20 biscuits.*

*** To serve with maple or honey butter, whisk 3 tablespoons maple syrup or honey into 1/2 cup soft butter until creamy.*



Picadillo Linguine

- 1 pound ground turkey
- 1 large green bell pepper, chopped
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 1 jar (1 pound 8 ounces) Ragù Old World Style Pasta Sauce
- 1/2 cup Sun-Maid Golden Raisins
- 1/2 cup sliced pimiento-stuffed olives
- 8 ounces linguine, cooked and drained
- 1/2 cup chopped fresh cilantro
- 1/2 cup queso fresco cheese, crumbled

1. Cook ground turkey, green pepper, onion and garlic in 12-inch nonstick skillet over medium-high heat, stirring occasionally, 8 minutes or until ground turkey is done and vegetables are tender.
2. Stir in Pasta Sauce, raisins and olives. Bring to a boil. Reduce heat and simmer, stirring occasionally, 2 minutes or until heated through.
3. Toss with hot linguine, cilantro and cheese.

Makes 6 servings.



Nutrients per serving (1 biscuit): Calories 180, Fat 8g (Sat. Fat 4g), Cholesterol 40mg, Protein 4g, Carbohydrate 25g, Sodium 260mg, Fiber 1g, Sugars 11g

Nutrients per serving: Calories 420, Fat 13g (Sat. Fat 3.5g), Cholesterol 50mg, Protein 25g, Carbohydrate 54g, Sodium 1190mg, Fiber 5g, Sugars 19g

Recipe provided by the Culinary Institute of America

RAGÙ is a trademark of Unilever Foods and used with permission





Pork with Mango Cherry Chutney

- 2 whole pork tenderloins (about 2 pounds)
 - 1 can (6 ounces) unsweetened pineapple juice ($\frac{3}{4}$ cup), divided
 - 3 teaspoons finely chopped fresh ginger, divided
 - 1 tablespoon vegetable oil
 - $\frac{1}{2}$ cup chopped onion
 - $\frac{1}{4}$ teaspoon crushed red pepper flakes
 - 1 mango, peeled, cut in small cubes (about 2 cups)
 - $\frac{1}{2}$ teaspoon ground cardamom
 - $\frac{1}{2}$ teaspoon ground cinnamon
 - $\frac{1}{4}$ teaspoon kosher salt
 - $\frac{1}{4}$ cup finely diced red bell pepper
 - $\frac{1}{4}$ cup packed brown sugar
 - 2 tablespoons cider vinegar
 - $\frac{3}{4}$ cup Sun-Maid Tart Cherries
 - Fresh cilantro, if desired
1. Place both tenderloins in large resealable food storage plastic bag. Add $\frac{1}{3}$ cup of the pineapple juice and 1 teaspoon of the ginger. Seal bag; rotate to coat tenderloins. Refrigerate 30 to 60 minutes.
 2. Meanwhile, in 10-inch nonstick skillet, mix oil, onion and red pepper flakes. Cover; cook over low heat 5 to 8 minutes or until onion is tender but not browned.
 3. Stir in mango; cook 1 minute. Stir in remaining pineapple juice and ginger, cardamom, cinnamon, salt, bell pepper, brown sugar and vinegar. Bring to a boil; reduce heat. Simmer uncovered 10 minutes.
 4. Stir in cherries; simmer 5 to 10 minutes or until mixture thickens and mango is very soft, stirring occasionally. Serve warm, or refrigerate and serve cold.
 5. When ready to grill, heat gas or charcoal grill. Remove tenderloins from marinade; discard marinade. Grill tenderloins 12 to 15 minutes over medium heat until thermometer inserted in thickest part reaches 145°F or to desired doneness, turning to brown all sides.
 6. Remove from grill; cover with foil and let stand 10 minutes.
 7. Slice tenderloin on the diagonal. Serve with chutney and garnish with cilantro.

Makes 6 servings.

Nutrients per serving: Calories 330, Fat 8g (Sat. Fat 2g), Cholesterol 100mg, Protein 32g, Carbohydrate 32g, Sodium 170mg, Fiber 5g, Sugars 24g



Recipe by Sun-Maid

Valley Fresh Tuscan-Style Chicken Pitas

- 1 can (10 ounces) VALLEY FRESH White Chicken, drained and shredded
 - $\frac{3}{4}$ cup artichoke hearts, drained and chopped
 - $\frac{1}{3}$ cup reduced-fat mayonnaise
 - $\frac{1}{4}$ cup Sun-Maid Natural Raisins
 - 1 teaspoon Dijon mustard
 - 1 teaspoon curry powder
 - 1 teaspoon ground cumin
 - $\frac{1}{2}$ teaspoon ground cardamom
 - 3 whole wheat pita breads
 - 1 cup crumbled reduced-fat feta cheese
 - $\frac{1}{2}$ cup chopped fresh cilantro
 - Juice of 1 lime
1. Heat oven to 400°F.
 2. In large bowl, combine all ingredients except pita bread, cheese, cilantro and lime juice; mix well.
 3. Spread evenly onto pita breads; top each evenly with cheese.
 4. Transfer pitas to nonstick baking sheet. Bake 2 to 3 minutes or until cheese begins to melt. Sprinkle with cilantro. Drizzle with fresh lime juice before serving.

Makes 3 servings.



Nutrients per serving: Calories 400, Fat 11g (Sat. Fat 5g), Cholesterol 15mg, Protein 21g, Carbohydrate 56g, Sodium 1450mg, Fiber 7g, Sugars 12g



VALLEY FRESH is a trademark of Hormel Foods, LLC and used with permission

Chicken and Raisin Curry over Basmati Rice

- 2 tablespoons vegetable oil
- 2 garlic cloves, grated*
- 1 tablespoon grated fresh gingerroot
- 1 teaspoon kosher salt
- 1 teaspoon ground cardamom
- 1 teaspoon ground coriander
- 1 teaspoon curry powder
- 1 teaspoon chili powder
- 1/4 teaspoon ground red pepper (cayenne)
- 1 pound boneless skinless chicken breasts, cut in 1-inch cubes
- 2 1/4 cups low-sodium chicken broth or water, divided
- 1 cup basmati rice
- 1 1/2 cups coarsely chopped onion (1 large onion)
- 1 can (8 ounces) tomato sauce
- 1/2 cup Sun-Maid Natural Raisins
- 1/4 cup chopped fresh cilantro
- 1/4 cup toasted slivered almonds**

1. In large bowl, mix oil, garlic, gingerroot, salt, cardamom, coriander, curry powder, chili powder and red pepper. Add chicken and stir to coat. Let stand 15 minutes.
2. Meanwhile, in 2-quart saucepan, cook 2 cups of the broth and the rice as directed on package. Keep warm.
3. In 12-inch nonstick skillet, cook chicken mixture and onion over medium heat 8 minutes or until chicken is well-browned, stirring frequently to brown all sides. Stir in tomato sauce, raisins and remaining 1/4 cup broth. Reduce heat. Cover; simmer 10 minutes or until chicken is no longer pink in center.
4. Divide rice among 4 shallow bowls. Spoon chicken curry over rice. Sprinkle with cilantro and almonds.

Makes 4 servings.

**A microplane works well for grating garlic and ginger. You could also just chop them very finely.*

***To toast almonds, heat oven to 350°F. Place almonds in pie plate or shallow baking pan. Bake 5 to 8 minutes or until golden brown, stirring once.*



Nutrients per serving: Calories 500, Fat 14g (Sat. Fat 2g), Cholesterol 70mg, Protein 35g, Carbohydrate 62g, Sodium 1200mg, Fiber 6g, Sugars 21g

Recipe by Sun-Maid



Butternut Squash & Caramelized Onion Mini Pizzas

- 2 tablespoons butter
- 1 3/4 cups finely diced, peeled, seeded butternut squash
- 1 large onion, diced (about 1 cup)
- 1/4 cup Sun-Maid Golden Raisins
- 1 to 2 teaspoons garam masala
- All-purpose flour
- 1/2 of a 17.3-ounce package Pepperidge Farm Puff Pastry Sheets (1 sheet), thawed
- Honey
- Chopped fresh parsley

1. Heat the oven to 400°F. Line 2 baking sheets with parchment paper.
2. Heat 1 tablespoon butter in a 12-inch skillet over medium-high heat. Add the squash and onion and cook for 7 minutes or until the vegetables are browned, stirring occasionally.

3. Stir in the raisins, garam masala and remaining butter. Remove the skillet from the heat and let cool for 5 minutes.
4. Sprinkle the flour on the work surface. Unfold the pastry sheet on the work surface. Roll the pastry sheet into a 12-inch square. Using a round cutter, cut the pastry into 15 (3-inch) circles. Place the pastry circles onto the baking sheets. Prick the pastry circles with a fork to within 1/2-inch of the edges.
5. Spread about 1 tablespoon squash mixture on each pastry circle to within 1/2 inch of the edge.
6. Bake for 10 minutes or until the pastries are golden brown. Let the pastries cool on the baking sheets on wire racks for 10 minutes. Drizzle with the honey and sprinkle with the parsley before serving

Makes 15 servings.

Nutrients per serving: Calories 96, Fat 6g (Sat. Fat 3g), Cholesterol 4mg, Protein 2g, Carbohydrate 11g, Sodium 124mg, Fiber 1g, Sugars 4g

Courtesy of Campbell Soup Company



Sun-Maid is owned by California farmers who are dedicated to producing the best quality raisins in the world. Grapes are carefully tended throughout the growing season, and transformed into raisins by the sun's natural rays. California's grapes are harvested and dried into raisins in mid to late August when the grapes have reached their full sweetness and maturity. Sun-Maid Raisins are grown, inspected and packaged with care to ensure they meet the highest standards of quality.



Steak Sauce

1³/₄ cups water, divided
3/4 cup Sun-Maid Natural Raisins
1/3 cup chopped onion
3 garlic cloves, finely chopped
1/2 cup cider vinegar
1/3 cup Worcestershire sauce
3 tablespoons brown sugar
3 tablespoons frozen orange juice concentrate
2 tablespoons soy sauce
2 tablespoons tomato paste

1. In 2-quart saucepan, combine 3/4 cup of the water, the raisins, onion and garlic. Bring to a boil over medium-high heat. Reduce heat; simmer 5 minutes or until raisins are plumped.
2. In blender container, place raisin mixture and 1/2 cup of the remaining water. Cover; blend 1 minute or until smooth.
3. In same saucepan, mix raisin mixture, remaining 1/2 cup water and all remaining ingredients. Bring to a boil over medium heat. Reduce heat. Simmer 25 to 30 minutes or until reduced and thickened. Stir occasionally, stirring more frequently near end of cooking time. Cool. Store in refrigerator.

Makes 1¹/₂ cups.

Nutrients per serving (2 tablespoons): Calories 60, Fat 0g (Sat. Fat 0g), Cholesterol 0mg, Protein 1g, Carbohydrate 15g, Sodium 300mg, Fiber 1g, Sugars 7g



Recipe by Sun-Maid



Twice Baked Sweet Potatoes

- 4 large, dark orange or red sweet potatoes
- 2 tablespoons butter
- 2 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- 1/3 cup Sun-Maid Natural Raisins
- 1/3 cup toasted chopped pecans*

1. Heat oven to 350°F. Scrub and pierce potato skins in several places with a fork. Place on cookie sheet. Bake 50 to 60 minutes or until soft when squeezed. Remove from oven.
2. Meanwhile, in medium microwavable bowl, mix butter, brown sugar, cinnamon and raisins. Microwave on High 30 to 60 seconds or until butter is melted. Mix well.
3. Cut baked potatoes in half lengthwise. Carefully scoop out flesh, leaving skins intact. Add flesh to raisin mixture. Mix well, mashing potatoes. Spoon back into potato skins. Place on large cookie sheet. Top with pecans.
4. Bake 10 minutes or until thoroughly heated.

Makes 8 servings.

**To toast pecans, place in pie plate or shallow baking pan. Bake at 350°F 5 to 8 minutes or until golden brown and fragrant, stirring once.*

Nutrients per serving: Calories 150, Fat 6g (Sat. Fat 2g), Cholesterol 10mg, Protein 2g, Carbohydrate 22g, Sodium 35mg, Fiber 3g, Sugars 6g

Recipe by Sun-Maid



Mint Couscous with Raisins and Almonds

- 2 1/2 cups water, boiling
- 8 Bigelow Mint Medley® Herb Tea Bags
- 2 teaspoons olive oil
- 1 teaspoon salt
- 1 cup couscous
- 1/2 cup Sun-Maid Natural Raisins
- 1/4 cup slivered almonds, toasted
- 2 tablespoons fresh mint leaves, chopped

1. In a saucepan, add water and tea bags, steep for 10 minutes. Remove tea bags; add olive oil and salt. Combine until mixed.
2. In a large bowl, place couscous and cover with mint tea mixture. Cover and let stand about 20 minutes.
3. Remove cover and fluff with a fork; add raisins, almonds and fresh mint. Toss well and serve with chicken or shrimp.

Makes 6 servings.



Nutrients per serving: Calories 192, Fat 4g (Sat. Fat 0g), Cholesterol 0mg, Protein 5g, Carbohydrate 35g, Sodium 393mg, Fiber 3g, Sugars 7g

Recipe Courtesy of Bigelow Tea **BIGELOW**
FAMILY TEA BLENDERS SINCE 1945

Curried Chickpeas & Cauliflower with Brown Rice

- 1/2 teaspoon curry powder
- 1 small onion, chopped
- 1 tablespoon olive oil
- 1 1/2 cups chopped cauliflower
- 1/2 cup canned chickpeas, rinsed and drained
- 2 tablespoons Sun-Maid Natural Raisins
- 1 cup cooked brown rice
(use pre-cooked, microwaveable or frozen)
- 1 scallion, chopped

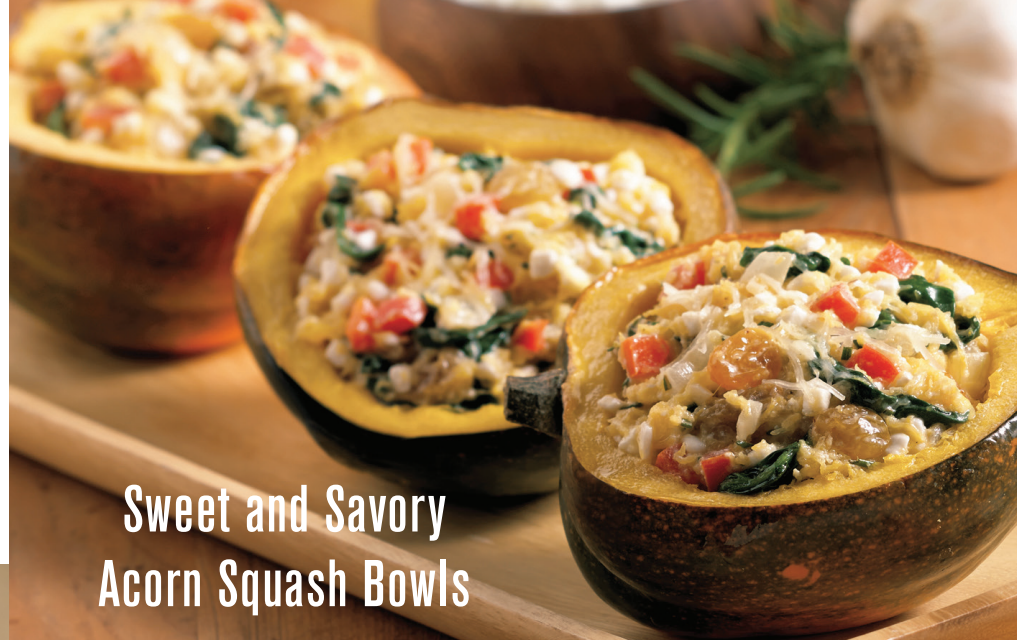
1. Sauté curry powder and onion in olive oil for 3 minutes. Add cauliflower and cook for 8 minutes, or until tender.
2. Add chickpeas and raisins and cook for 3 to 4 minutes, or until warm.
3. Place curry mixture on top of rice and top with scallion.

Makes 4 servings.



Nutrients per serving: Calories 150, Fat 4.5g (Sat. Fat .5g), Cholesterol 0mg, Protein 4g, Carbohydrate 24g, Sodium 100mg, Fiber 4g, Sugars 3g

Recipe Courtesy of Fitness Magazine **fitness**



Sweet and Savory Acorn Squash Bowls

- 2 acorn squash, halved and seeded
- 2 tablespoons olive oil
- 1/2 cup Sun-Maid Golden Raisins
- 1/2 cup chopped onion
- 2 garlic cloves, minced
- 1/2 cup chopped red bell pepper
- 1 tablespoon minced fresh rosemary
- 2 cups baby spinach
- 1/2 teaspoon sea salt
- 1 cup Daisy Cottage Cheese
- 1/8 teaspoon coarsely ground black pepper
- 2 tablespoons shredded Parmesan cheese

1. Heat the oven to 400°F. Place the acorn squash halves, cut side up, on a foil-lined baking sheet. Drizzle the four squash halves with 1 tablespoon olive oil and rub to coat.
2. Roast the squash for 30-35 minutes until tender. Remove from the oven and set aside to cool.
3. Place the raisins in a small heat-safe bowl and cover with boiling water. Cover the bowl with foil and let steep for about 5-10 minutes, or until the raisins are plumped. Drain well and set the raisins aside.

4. Heat the remaining tablespoon of olive oil in a large skillet over medium-high heat. Sauté the onion, garlic, and bell pepper until tender (3-5 minutes). Add the rosemary and sauté for another minute. Add the spinach and cook until wilted, stirring continuously (2-3 minutes). Transfer the cooked vegetables to a bowl and add the raisins; toss to combine.
5. When the squash is cool enough to touch, working one at a time, carefully scoop out the flesh of the squash, making sure not to tear the skin. In a medium mixing bowl, mash the squash with 1/8 teaspoon salt. Add 1/3 cup of the vegetable raisin mixture, 1/4 cup of the cottage cheese, and a few grinds of fresh black pepper, and mix together.
6. Spoon the mixture back into the squash bowl and top with 1/2 tablespoon of Parmesan cheese. Repeat with the remaining squash bowls.
7. Place all of the filled squash bowls on a lined baking sheet and broil until the cheese is melted (1-1 1/2 minutes). Make sure the cheese doesn't burn. Serve immediately. Refrigerate leftovers.

Makes 4 servings.

Nutrients per serving: Calories 284, Fat 10g (Sat. Fat 8g), Cholesterol 9mg, Protein 12g, Carbohydrate 43g, Sodium 542mg, Fiber 5g, Sugars 8g

Recipe Courtesy of Daisy Brand **Daisy BRAND**



Moroccan Carrot Salad

Dressing

- 1/4 cup orange juice
- 2 tablespoons olive oil
- 1 teaspoon orange peel
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 to 1/4 teaspoon ground red pepper (cayenne)
- 1/8 teaspoon ground cinnamon

Salad

- 1 bag (10 ounces) julienne (matchstick-cut) carrots (5 cups)
- 1 can (15 ounces) chickpeas (garbanzo beans), drained, rinsed
- 1/4 cup Sun-Maid Golden Raisins
- 3 tablespoons salted roasted whole almonds, coarsely chopped
- 1/4 cup coarsely chopped fresh cilantro or parsley

1. In small bowl, combine all dressing ingredients with whisk until blended; set aside.
2. In large bowl, combine carrots, chickpeas and raisins; toss to combine. Add dressing; mix thoroughly.

3. Cover and refrigerate at least 2 hours or overnight, stirring occasionally. Just before serving, sprinkle with almonds and cilantro.

Makes 5 servings.

Farro and Fennel Salad with Raisins

- 2 cups low-sodium chicken stock
- 1 cup farro
- 1/4 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1 fennel bulb (white part only), quartered, thinly sliced
- 1 large shallot, thinly sliced, rings separated
- 1 red bell pepper, chopped
- 3/4 cup Sun-Maid Natural Raisins
- 1/2 cup chopped fresh mint leaves

1. In 2-quart saucepan, bring stock to a boil. Stir in farro. Bring to a boil; reduce heat. Cover; cook 25 to 30 minutes or until grains are tender and liquid is absorbed. Cool 15 minutes.
2. Meanwhile, in large bowl, whisk olive oil, vinegar, honey, mustard and salt with wire whisk until blended.
3. Add all remaining ingredients; toss to coat. Stir in cooled cooked farro. Serve at room temperature or refrigerate and serve cold.

Makes 8 servings.



Nutrients per serving: Calories 220, Fat 8g (Sat. Fat 1g), Cholesterol 0mg, Protein 4g, Carbohydrate 36g, Sodium 310mg, Fiber 6g, Sugars 1g



Recipe by Sun-Maid

Nutrients per serving: Calories 310, Fat 11g (Sat. Fat 1g), Cholesterol 0mg, Protein 10g, Carbohydrate 44g, Sodium 230mg, Fiber 10g, Sugars 12g

Recipe Courtesy of BettyCrocker.com



Sunny Garden Salad

- 1 can (15 ounces) garbanzo beans, drained, rinsed
- 2 cups frozen corn kernels, prepared
- 3/4 cup Sun-Maid Natural Raisins
- 1 1/2 cups diagonally sliced fresh pea pods (about 4 ounces)
- 1/2 cup red onion slivers
- 1 small red bell pepper, cut in thin strips
- 1/4 cup orange juice
- 2 tablespoons white wine vinegar
- 1 teaspoon honey
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground dry mustard
- 1/4 teaspoon pepper
- 1/3 cup extra virgin olive oil
- 3 cups packed baby spinach leaves (about 3 ounces)

1. In large bowl, mix beans, corn, raisins, pea pods, onion and bell pepper.
2. In small bowl, whisk orange juice, vinegar, honey, salt, mustard and pepper with wire whisk until blended. Whisk in olive oil until mixed and slightly thick. Pour over vegetables; toss to coat.
3. Place a layer of spinach leaves on large platter with sides. Spoon dressed salad over spinach.

Makes 8 servings.



Nutrients per serving: Calories 230, Fat 10g (Sat. Fat 1.5g), Cholesterol 0mg, Protein 5g, Carbohydrate 31g, Sodium 320mg, Fiber 5g, Sugars 4g

Recipe by Sun-Maid



Bubblin' Nut and Fruit Wich

- 3/4 cup SKIPPY Creamy Peanut Butter
- 4 English muffins, split and toasted
- 1/2 cup Sun-Maid Natural Raisins
- 2 medium apples, cored and thinly sliced
- 2 teaspoons firmly packed brown sugar

1. Heat broiler.
2. Spread peanut butter on each English muffin half. Top with raisins and apple slices; sprinkle evenly with brown sugar.
3. Broil 1 minute or until bubbly.

Makes 8 servings.

Nutrients per serving: Calories 240, Fat 13g (Sat. Fat 2.5g), Cholesterol 0mg, Protein 8g, Carbohydrate 29g, Sodium 150mg, Fiber 4g, Sugars 9g

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White Chocolate Chip Fruit Cookies

- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 package (12 ounces) or 2 cups white chocolate chips
- 1 cup Sun-Maid Natural Raisins, Tart Cherries or Cape Cod Dried Cranberries

1. Heat oven to 350°F. Line cookie sheets with Reynolds Parchment Paper; set aside.
2. Combine flour, baking soda, and salt in a medium bowl; set aside.
3. Beat butter, brown sugar and granulated sugar in a large bowl on medium speed for about 3 minutes, until light and fluffy. Beat in eggs and vanilla. Reduce speed to low. Gradually add flour mixture, beating after each addition until well blended.
4. Stir in white chocolate chips and dried fruit. Drop dough by heaping tablespoons onto parchment-lined cookie sheets.
5. Bake 12 to 14 minutes or until light brown. Slide parchment with cookies onto a wire rack to cool.

Makes 3 dozen cookies.

Nutrients per serving (1 cookie): Calories 180, Fat 8g (Sat. Fat 5g), Cholesterol 25mg, Protein 2g, Carbohydrate 24g, Sodium 115mg, Fiber 0g, Sugars 15g

Courtesy of Reynolds® Parchment Paper



Cheerios-Raisin Bites

- 1/2 cup warm water
- 1 1/2 cups Sun-Maid Natural Raisins
- 1 cup roasted whole almonds
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon vanilla
- 1 cup coarsely crushed Cheerios cereal

1. In medium bowl, soak raisins in water 10 minutes or until plump. Drain; pat dry.
2. In bowl of food processor, add raisins and all remaining ingredients except cereal. Cover; process, stopping to scrape side of bowl if necessary, until mixture forms a thick, sticky paste. (You can add a little water if mixture is not sticky enough.)
3. Roll mixture into 12 balls with moistened hands. In shallow dish, place cereal. Roll balls in cereal to coat. Serve immediately or cover and refrigerate until ready to serve.

Makes 12 servings.



Nutrients per serving: Calories 160, Fat 7g (Sat. Fat .5g), Cholesterol 0mg, Protein 3g, Carbohydrate 19g, Sodium 15mg, Fiber 2g, Sugars 11g

Recipe Courtesy of BettyCrocker.com





Golden Raisin Biscuit Cookies

Dough

- 1 cup King Arthur White Whole Wheat Flour or Unbleached All-Purpose Flour*
- 2 tablespoons confectioners' sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 6 tablespoons cold butter
- 3 to 4 tablespoons ice water*

*If you use white whole wheat flour, substitute 1 tablespoon orange juice for 1 tablespoon of the ice water, for best flavor.

Filling

- 1 large egg, lightly beaten
- 1 1/2 cups Sun-Maid Golden Raisins, chopped

Topping

- 1/2 cup coarse white sparkling sugar

1. Lightly grease a couple of baking sheets, or line them with parchment.
2. Whisk together the flour, sugar, baking powder, and salt. Cut the butter into small cubes, and work it into the dry ingredients using your fingers, a mixer, or a fork, mixing until the dough is unevenly crumbly.
3. Drizzle in the ice water (or orange juice and water, if you're using whole wheat flour), mixing until the dough is cohesive. Grab a handful; if it holds together willingly and doesn't seem at all dry or crumbly, you've added enough liquid.
4. Divide the dough in half, and shape each half into a rough rectangle. Press each of the four sides against your work surface to smooth any ragged edges.
5. Wrap the dough, and refrigerate it for 30 minutes. Towards the end of the refrigeration time, preheat the oven to 350°F.
6. Take one piece of the dough, and place it on a lightly floured work surface. Roll it into a rectangle that's about 10" x 14", about 1/8" thick. Don't worry about ragged edges; life is imperfect.
7. Brush the surface of the dough lightly with some of the beaten egg, then spread half the surface (one of the "long" halves — a swatch about 5" x 14") with 3/4 cup of the raisins, pressing them in gently.
8. Fold the other half of the dough over the raisins, and roll again, until you have a piece of dough about 6" x 15". Some of the raisins may pop through; that's OK.
9. Brush the dough lightly with some of the beaten egg, and sprinkle with 1/4 cup of the coarse sugar. (If you don't have coarse sugar, use a couple of tablespoons of regular granulated sugar. The cookies won't look as nice, but will taste fine.)
10. Now, trim the ragged edges; these will be the "cook's cookies," the ones you spirit away and eat yourself because you don't care what they look like.
11. Use a baker's bench knife or a rolling pizza wheel, carefully cut the rectangle of dough into three strips, lengthwise. Then cut each lengthwise strip into five crosswise pieces; you'll have a total of 15 rectangular cookies. Note: Be very careful if you've rolled the dough on a silicone rolling mat; you don't want to cut the mat when you cut the cookies.
12. Transfer the cookies to one of the prepared baking sheets, spacing them close together; they won't expand much.
13. Repeat the entire process with the remaining piece of dough.
14. Bake the cookies for 14 to 18 minutes, until they're a light golden brown. Remove them from the oven, and transfer them to a rack to cool.

Makes 2 1/2 dozen cookies.

Nutrients per serving (1 cookie): Calories 80, Fat 2.5g (Sat. Fat 1.5g), Cholesterol 15mg, Protein 1g, Carbohydrate 13g, Sodium 35mg, Fiber 0g, Sugars 9g



Recipe and Photo courtesy of King Arthur Flour

U.S. TO METRIC CONVERSION TABLE

WEIGHTS

1 ounce	30 g
4 ounces	120 g
8 ounces	225 g
16 ounces = 1 pound	450 g

OVEN TEMPERATURES

300°F	150°C
325°F	160°C
350°F	180°C
375°F	190°C
400°F	200°C
450°F	230°C

BAKING PAN SIZES

SQUARE

8 x 8 x 2 inches	= 20 x 20 x 5 cm (2 L)
9 x 9 x 2 inches	= 23 x 23 x 5 cm (2.5 L)

RECTANGULAR

13 x 9 x 2 inches	= 33 x 23 x 5 cm (3.5 L)
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LOAF

9 x 5 x 3 inches	= 23 x 13 x 7 cm (2 L)
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ROUND

8 x 1 1/2 inches	= 20 x 4 cm (1.2 L)
9 x 1 1/2 inches	= 23 x 4 cm (1.5 L)

VOLUME MEASUREMENTS

1/4 teaspoon	1 mL
1/2 teaspoon	2 mL
1 teaspoon	5 mL
1 tablespoon = 3 teaspoons	15 mL
2 tablespoons = 1 fluid ounce	30 mL
1/4 cup	60 mL
1/3 cup	75 mL
1/2 cup = 4 fluid ounces	125 mL
1 cup = 8 fluid ounces	250 mL
2 cups = 1 pint = 16 fluid ounces	500 mL
4 cups = 1 quart	1 L



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