fruit & sunshine recipe book

NATURALLY HEALTHY RAISIN RECIPES
contents:

introduction

breakfast
Sunny Whole Wheat Currant Scones 4
Tropical Breakfast Risotto 5
Crunchy Raisin Bread French Toast 6
Swiss Raisin Snack 7

main dishes & sides
Mediterranean Vegetable Couscous 11
Lemon Garlic Chicken with Raisins 13
Fruit & Sunshine Rice 13
Quinoa with Raisins & Caramelized Onions 14
Raisin-Orange Salsa 15
Balsamic-Raisin Sauce for Roasted Vegetables 16
Baked Fish with Raisins & Pine Nuts 17

desserts
Really Good Low-Fat Raisin Oatmeal Cookies 18
Light Citrus Cheesecake with Raisin-Nut Crust 19
Mixed Berry Raisin Cobbler 20

salads
Baja Coleslaw 8
Raisin & Red Apple Chicken Pasta Salad 9
Fresh Root Vegetable, Raisin & Rice Salad 10
Capture the energy of the sun with Sun-Maid Raisins. Ripe, juicy grapes, dried naturally under the bright California sun, become raisins…which are simply fruit and sunshine. Our new Fruit & Sunshine recipe book brings you unique recipes that will energize your plans to eat healthier. It’s surprising how small changes can make a big difference in leading a healthier lifestyle. Making the right choices—a little at a time—in diet and exercise can yield good results. Now’s the time to start!

Balance is important. Dietary experts agree that a balanced diet is the key to starting, and maintaining, a healthy lifestyle. For instance, a healthy eating plan is one that:
- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Making the right choices. Healthy eating is not about deprivation—it’s about making the right choices. By following these USDA-recommended guidelines, day by day and then week by week (which will go by faster than you think!), you’ll find yourself feeling and looking better.

Recipes that fit your lifestyle. Beyond the basics, everyone has their own nutritional needs and concerns. These Fruit & Sunshine recipes offer great new ideas for healthy choices that taste really good, too. Here are some of the most common nutritional concerns, and recipes from this book that address them.

**Fat-Free Flavor Enhancers** Are you eating your vegetables and lean proteins like you should, but finding them a bit…dull? Add excitement with surprisingly easy raisin sauces and salsas. Without adding fat!
- Raisin-Orange Salsa, p. 15
- Balsamic-Raisin Sauce for Roasted Vegetables, p. 16

**Low-Sodium Sweet Treats** If you’re watching your sodium intake, it’s nice to know that there are some naturally-sweet rewards with very little sodium.
- Tropical Breakfast Risotto, p. 5
- Swiss Raisin Snack, p. 7
- Really Good Low-Fat Raisin Oatmeal Cookies, p. 18

**Cholesterol-Free Surprises** Everyone is paying attention to cholesterol. But a cholesterol-free recipe is newsworthy when it tastes as good as these!
- Crunchy Raisin Bread French Toast, p. 6
- Baja Coleslaw, p. 8
- Fruit & Sunshine Rice, p. 13

**Dietary Fiber Stars** You don’t have to get your fiber just at breakfast. These lunch and dinner recipes are filled with fiber and fresh vegetables, too.
- Raisin & Red Apple Chicken Pasta Salad, p. 9
- Mediterranean Vegetable Couscous, p. 11

**Antioxidant Aces** Nutritional antioxidants include Vitamins A, C and E. Antioxidants are the repairmen of the human body—they can decrease the damage done to cells by pollutants or aging. These recipes all get an “A” for antioxidants:
- Fresh Root Vegetable, Raisins & Rice Salad, p. 10
- Lemon Garlic Chicken with Raisins, p. 13
- Quinoa with Raisins & Caramelized Onions, p. 14
- Baked Fish with Raisins & Pine Nuts, p. 17

You’ll find that every recipe in this book excels in several nutritional categories. We’ve listed Daily Value percentages for each recipe’s particular highlights.

For more delicious raisin recipes, visit www.sunmaid.com.
Sunny Whole Wheat Currant Scones
Talk about a power breakfast. These scones are a high source of manganese, an antioxidant that also helps produce insulin, and folate, a B vitamin that helps fight anemia. Their hearty texture is great with a cup of tea.

MAKES: 1 DOZEN SCONES
1 cup white whole wheat flour
1 cup whole wheat flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon ground nutmeg
½ teaspoon salt
6 tablespoons cold butter, cut up
1 cup Sun-Maid Natural Zante Currants
½ cup coarsely chopped walnuts, optional
2 tablespoons plus 2 teaspoons granulated sugar, divided
¾ cup low-fat buttermilk
2 teaspoons egg white

HEAT oven to 375°F.

COMBINE flours, baking powder, baking soda, nutmeg and salt in large bowl. Cut in butter until mixture is the texture of coarse bread crumbs.

ADD currants, walnuts and 2 tablespoons sugar and toss to mix evenly.

STIR in buttermilk with a fork until a soft dough forms.

SHAPE dough into a ball on a lightly floured surface. Divide into 2 parts and shape into 2 round balls.

PRESS into 6-inch rounds and place on an ungreased cookie sheet. Cut each round into 6 wedges, but do not separate the wedges. Brush with beaten egg white and sprinkle with 2 teaspoons sugar.

BAKE for 20 to 22 minutes until golden brown. Break into wedges and serve warm.

Tip: If necessary, add 1-2 tablespoons water to moisten all of the flour.

NUTRITIONAL INFORMATION
Daily Values:
Manganese 25%    Folate 19%    Dietary Fiber 10%
Nutrients per serving:
Calories 183, Protein 3.4g, Fat 6.2g
(Sat. Fat 3.8g), Carbohydrates 29g, Dietary Fiber 2.4g,
Cholesterol 16mg, Sodium 293mg.

Tropical Breakfast Risotto
Buongiorno! Risotto is an Italian dish typically made with Arborio rice, but instant brown rice turns it into a creamy breakfast treat. Low in sodium and cholesterol, and a great source of calcium, this is indeed a recipe for a good morning.

MAKES: 6 SERVINGS

1½ cups water
1 cup instant brown rice
1 (8-ounce) can pineapple tidbits, drained, liquid reserved
1 (12-ounce) can undiluted evaporated skim milk
½ cup Sun-Maid Natural Raisins
½ cup sweetened shredded coconut
½ cup sliced toasted almonds
1 medium banana, diced

COMBINE water, rice and pineapple liquid in 2-quart saucepan.

COOK over high heat to boiling.

REDUCE heat to medium and simmer uncovered, stirring occasionally until most of water is absorbed, 7 to 8 minutes.

STIR in milk and increase heat to high. Cook until mixture boils. Reduce heat to medium.

COOK until most of milk is absorbed and mixture is soft and creamy, stirring occasionally, 10 to 12 minutes.

STIR in pineapple, raisins, coconut, almonds and banana.

NUTRITIONAL INFORMATION
Daily Values:
Vitamin C 11%    Calcium 21%    Dietary Fiber 13%
Nutrients per serving:
Calories 256, Protein 8.2g, Fat 5.5g
(Sat. Fat 2.1g), Carbohydrates 46g, Dietary Fiber 3.3g,
Cholesterol 2.5mg, Sodium 85mg.
Swiss Raisin Snack  An energy-boosting snack or breakfast similar to muesli, a popular cereal developed as a health food by a Swiss nutritionist. Scoop this low-sodium, high-fiber, crunchy mix into plastic sandwich bags and take it with you on a hike.

**MAKES: 6 CUPS**
- 2 cups uncooked old-fashioned rolled oats
- 1 cup sweetened shredded coconut
- ½ cup wheat germ
- ½ cup salted sunflower seeds
- ¼ cup honey
- 3 tablespoons canola oil
- 2 cups Sun-Maid Natural Raisins

**HEAT** oven to 300°F.

**COMBINE** oats, coconut, wheat germ, sunflower seeds and cinnamon in large bowl.

**HEAT** honey and oil in microwave on high for 30 seconds or just until syrupy.

**DRIZZLE** over oats mixture and stir until mixture is evenly coated.

**SPREAD** onto a greased 15 ½ x 10 ½-inch jelly roll pan.

**BAKE** for 30 minutes until golden brown, stirring several times.

**REMOVE** from oven and add raisins while still hot.

**COOL** completely and store in a tightly covered container up to 2 weeks.

**NUTRITIONAL INFORMATION**
- Daily Values:
  - Folate 71%
  - Vitamin C 4%
  - Dietary Fiber 37%

Nutrients per serving (1 cup):
- Calories 529, Protein 9.8g, Fat 18.8g (Sat. Fat 4.9g), Carbohydrates 83g, Dietary Fiber 9.3g, Cholesterol 0mg, Sodium 60mg.

Crunchy Raisin Bread French Toast  Cholesterol-free French toast? Here it is—enjoy! A cereal coating adds a delightful crunch as well as whole-grain goodness, plus you’ll jump-start your day with iron and vitamin B12 for healthy blood and nerve cells, and lots of fiber to fill you up.

**MAKES: 4 SERVINGS**
- ¾ cup egg substitute or 3 eggs
- ½ cup skim milk
- 1 teaspoon vanilla
- 2 tablespoons powdered sugar
- ¼ teaspoon ground nutmeg
- 2 cups whole grain wheat and barley cereal or coarsely crushed bran flakes
- 8 slices Sun-Maid Raisin Bread

Powdered sugar for topping, optional

**MIX** egg substitute, milk, vanilla, powdered sugar and nutmeg in pie plate.

**PLACE** cereal in another pie plate.

**SPRAY** 12-inch nonstick skillet generously with cooking spray. Heat over medium heat.

**DIP** both sides of 4 slices of the bread in egg mixture, then in cereal.

**COOK** 2 to 3 minutes or until golden brown, turning once. Repeat with remaining bread, egg mixture and cereal, spraying skillet each time.

**SERVE** topped with powdered sugar, if desired.

**NUTRITIONAL INFORMATION**
- Daily Values:
  - Iron 100%
  - Vitamin B12 42%
  - Vitamin A 27%
  - Dietary Fiber 33%

Nutrients per serving (1 cup): Calories 390, Protein 16g, Fat 18.6g (Sat. Fat 3.3g), Carbohydrates 80g, Dietary Fiber 8.3g, Cholesterol 0mg, Sodium 608mg.
Baja Coleslaw  Fresh vegetables, sun-dried raisins and tropical fruits create a happy combination of flavors in a coleslaw as colorful as a beach towel. Lots of vitamin C and vitamin A, and not one bit of cholesterol—it’s like a guilt-free vacation. Who needs a beach?

**MAKES: 6-8 SERVINGS**

- ½ small head cabbage, washed and finely shredded (about 4 cups)
- 2 small carrots, peeled and shredded
- 3 green onions, thinly sliced
- 1 small sweet bell pepper, diced ¼"
- ¾ cup Sun-Maid Natural Raisins or Sun-Maid Golden Raisins, divided
- ½ cup cubed fresh or frozen, thawed mango
- ½ cup cubed fresh or frozen, thawed papaya
- 1 tablespoon sugar
- 3 tablespoons extra virgin olive oil
- 2 tablespoons fresh lime juice
- Chopped cilantro leaves for garnish

**COMBINE** cabbage, carrots, onions, bell pepper, ½ cup of the raisins, mango and papaya in large bowl.

**MIX** sugar, olive oil and lime juice in small bowl. Add to vegetables and fruit and mix thoroughly.

**TURN** into serving bowl and garnish with cilantro and remaining ¼ cup raisins.

**NUTRITIONAL INFORMATION**

Daily Values:
- Vitamin C 93%
- Vitamin A 70%
- Dietary Fiber 19%

Nutrients per serving:
- Calories 180
- Protein 2.2g
- Fat 7g (Sat. Fat 1g)
- Carbohydrates 29g
- Dietary Fiber 4.7g
- Cholesterol 0mg
- Sodium 35mg

---

Raisin & Red Apple Chicken Pasta Salad

Lots of protein and fiber in an irresistible contrast of textures. Raisins add a sweet, chewy accent to crisp apples, and almonds add crunch to whole-grain pasta. A hearty, all-in-one salad perfect for a summer lunch or dinner.

**MAKES: 4 (1 ¾ CUP) SERVINGS**

- 2½ cups uncooked whole wheat rotini pasta
- 2 cups cooked cubed chicken breast
- 1 cup Sun-Maid Natural Raisins
- 1 red apple, cored, cubed
- 2 green onions, sliced
- ½ cup light mayonnaise
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- ¼ cup toasted slivered almonds, optional

**COOK** pasta as directed on box. Drain and rinse with cold water.

**COMBINE** cooked pasta, chicken, raisins, apple and onions in large bowl.

**COMBINE** mayonnaise, honey and mustard in small bowl.

**ADD** to pasta mixture and toss to coat. Serve immediately, or refrigerate 1 hour or up to overnight to blend flavors.

**TOP** with almonds just before serving.

**NUTRITIONAL INFORMATION**

Daily Values:
- Vitamin C 9%
- Iron 19%
- Dietary Fiber 39%

Nutrients per serving:
- Calories 597
- Protein 31g
- Fat 9.8g (Sat. Fat 2.1g)
- Carbohydrates 98g
- Dietary Fiber 7.6g
- Cholesterol 61mg
- Sodium 305mg
Mediterranean Vegetable Couscous

The Mediterranean diet is one of the healthiest in the world because it emphasizes plenty of grains, fruits and vegetables. And they’re all here in this low-cholesterol dish just bursting with vitamin A. Great as a vegetarian entrée, or toss in leftover chicken for added protein.

MAKES: 6 SERVINGS

HEAT olive oil in a deep, heavy 4-quart saucepan.
ADD garlic, cinnamon, turmeric and black pepper until spices are aromatic.
ADD chicken broth, carrots, turnips and squash and cook about 20 minutes until vegetables are tender.
ADD zucchini, garbanzo beans and diced tomatoes and cook, stirring often, for 10 minutes.
SPRINKLE couscous over vegetables and turn heat to lowest setting. Cover and let stand 5 minutes. Season with salt and pepper, if desired.
TURN into serving dish and sprinkle with raisins, mixing them into the hot couscous a little, but leaving enough on top for garnish.

NUTRITIONAL INFORMATION

Daily Values:
Vitamin C 58%    Vitamin A 133%    Dietary Fiber 37%
Folate 30%

Nutrients per serving:
Calories 346, Protein 12.5g, Fat 3.7g (Sat. Fat 0.5g), Carbohydrates 70g, Dietary Fiber 9.2g, Cholesterol 7mg, Sodium 540mg.

Fresh Root Vegetable, Raisin & Rice Salad

Root vegetables and raisins are low-fat, high-fiber stars on the food pyramid, and there’s plenty of vitamin A and vitamin E cheering them on in this easy, nutrition-packed salad.

MAKES: 6 (1/4 CUP) SERVINGS

MIX carrots, parsnips, turnip, green onions, rice and raisins in large bowl.
MIX mayonnaise, yogurt and lemon juice together and fold into the vegetable mixture.
SEASON with salt and pepper.
SPRINKLE with nuts and serve on a bed of fresh baby spinach.

NUTRITIONAL INFORMATION

Daily Values:
Vitamin C 5%    Vitamin A 51%    Vitamin E 32%
Folate 30%

Nutrients per serving:
Calories 346, Protein 12.5g, Fat 3.7g (Sat. Fat 0.5g), Carbohydrates 70g, Dietary Fiber 9.2g, Cholesterol 7mg, Sodium 540mg.
**Lemon Garlic Chicken with Raisins**

Carrots provide the vitamin A and lean chicken breast supplies the protein, while raisins, lemon and garlic add an intriguing twist to this entrée. There’s plenty of niacin (vitamin B3)… 147% DV to be exact. Niacin has been shown to lower cholesterol and triglyceride levels.

**MAKES: 4 SERVINGS**

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- 4 skinless, boneless chicken breasts
- ¼ cup fresh lemon juice
- ½ teaspoon freshly grated lemon zest
- 2 cups sliced carrots
- Salt and freshly ground pepper
- 3 cups hot, cooked brown rice
- ½ cup Sun-Maid Natural Raisins
- 2 tablespoons chopped fresh parsley or cilantro

HEAT oil in a heavy frying pan over medium heat; add garlic and cumin and sauté until aromatic, about 2 minutes.

ADD chicken breasts and sauté about 2 minutes, turning chicken over to brown on all sides. Add lemon juice and bring mixture to a simmer.

COVER and simmer 20 to 30 minutes until chicken is fully cooked, adding lemon zest and carrots after 10 minutes. Season with salt and pepper to taste.

COMBINE cooked rice, raisins and parsley.

SERVE chicken over brown rice.

**NUTRITIONAL INFORMATION**

Daily Values:

- Vitamin C 29%
- Vitamin A 151%
- Protein 119%

Nutrients per serving:

- Calories 583, Protein 60g, Fat 11.3g (Sat. Fat 2.0g), Carbohydrates 57g, Dietary Fiber 6.3g, Cholesterol 137mg, Sodium 212mg.

---

**Fruit & Sunshine Rice**

Our cover shot! Sun-dried raisins and fresh fruit brighten up spiced basmati rice. Low in saturated fat and high in vitamin C, this side dish adds colorful crunch to poultry, pork or fish. Makes a great cold salad all on its own, too.

**MAKES: 6 SERVINGS**

- 1 tablespoon olive oil
- 1 small onion, minced
- 1 teaspoon chicken bouillon granules
- ½ teaspoon ground cinnamon
- ½ teaspoon ground allspice
- 2 tablespoons sugar
- 1 cup diced fresh peaches
- 1 cup diced fresh pineapple
- 2 kiwifruits, peeled and diced
- ¼ cup toasted chopped cashews, optional
- ½ cup Sun-Maid Natural Raisins

HEAT olive oil in a medium saucepan and cook onion until just clear.

ADD chicken bouillon and spices, stirring and cooking for 1 minute.

ADD sugar, peaches, pineapple and kiwi.

COOK just until mixture is warmed through.

FOLD in rice until blended.

TOP with cashews and raisins. Serve hot as a side dish or cold as a salad.

**NUTRITIONAL INFORMATION**

Daily Values:

- Vitamin C 64%
- Dietary Fiber 14%

Nutrients per serving:

- Calories 203, Protein 2.8g, Fat 2.8g (Sat. Fat 0.3g), Carbohydrates 43g, Dietary Fiber 3.4g, Cholesterol 0mg, Sodium 152mg.

(See cover photo)
**Quinoa with Raisins & Caramelized Onions**

Quinoa (keen-wah) is a high-protein, small round grain that adds both nutty flavor and variety to the grains category on the food pyramid. This recipe is a low-cholesterol favorite for onion lovers, with lots of iron, fiber and folate.

**MAKES: 6–8 SERVINGS**

- 2 tablespoons olive or canola oil
- 3 large (about 2 pounds) sweet white onions, halved and thinly sliced
- ½ teaspoon light or dark brown sugar
- 1½ cups uncooked quinoa or couscous
- 3 cups broth, beer, or water or a combination
- 1 cup Sun-Maid Golden Raisins
- ½ teaspoon dried tarragon leaves
- Salt and pepper to taste

**HEAT** oil in a large, heavy skillet over medium-low heat.

**ADD** onions and brown sugar.

**COOK** uncovered, stirring occasionally, until onions are very soft, 25 to 35 minutes.

**SPRINKLE** quinoa over onions and cook over medium-high heat until quinoa begins to toast and pop.

**POUR** liquid over; stir, and cook over low heat for 15 minutes or until liquids are absorbed.

**ADD** raisins and tarragon after 10 minutes. Before serving, add salt and pepper to taste.

**NUTRITIONAL INFORMATION**

Daily Values:
- Vitamin C 16%
- Dietary Fiber 25%
- Iron 27%
- Folate 38%

Nutrients per serving:
- Calories 352, Protein 8g
- Fat 7.3g (Sat. Fat 0.9g)
- Carbohydrates 65g
- Dietary Fiber 6.2g
- Cholesterol 1mg, Sodium 500mg

---

**Raisin-Orange Salsa**

Spoon some vitamin C on your pork, poultry or fish along with terrific flavors. Raisins and oranges are a match made in bell pepper heaven—you have to taste the combination to believe how good it is!

**MAKES: ABOUT 3 CUPS**

- 1 cup Sun-Maid Natural Raisins
- ½ cup diced red bell pepper
- ½ cup diced yellow bell pepper
- ½ cup diced green bell pepper
- 1 cup orange sections
- ½ cup finely minced red onion
- ¼ cup chopped fresh cilantro
- 2 jalapeno peppers, seeded and diced (about 2 tablespoons)
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon grated fresh orange zest
- ½ teaspoon chili powder
- ¼ teaspoon cumin
- Salt to taste

**COMBINE** all ingredients, cover and refrigerate 1 hour for flavors to blend.

**SERVE** salsa with pork, chicken, or fish. Store up to 24 hours in refrigerator.

**NUTRITIONAL INFORMATION**

Daily Values:
- Vitamin C 70%
- Vitamin A 8%
- Dietary Fiber 7%

Nutrients per serving (¼ cup): Calories 60, Protein 0.8g, Fat 0.1g (Sat. Fat 0.1g), Carbohydrates 6g, Dietary Fiber 0.2g, Cholesterol 0mg, Sodium 5mg
**Baked Fish with Raisins & Pine Nuts**

Why not get lots of vitamins and minerals along with your protein? Baked fish delivers lean protein (56% DV), but raisins, tomatoes and pine nuts help add vitamin B12, vitamin C and potassium… not to mention great taste.

**MAKES: 6 SERVINGS**

- 2 pounds fresh boneless cod or haddock fillets
- 2 tablespoons melted butter
- ½ teaspoon kosher salt
- 2 cloves garlic, chopped
- 2 tablespoons olive oil
- 2 cups (about one 15-ounce can) diced canned tomatoes, drained
- 2 tablespoons pine nuts
- ¼ cup Sun-Maid Natural Raisins

**HEAT** oven to 400°F.

**PAT** fish pieces with paper towels and place in a shallow roasting pan. Brush with butter and sprinkle with salt.

**BAKE** for 15 to 20 minutes until the fish flakes easily with a fork.

**HEAT** garlic and olive oil in a saucepan until garlic is aromatic, about 3 minutes.

**ADD** tomatoes, pine nuts and raisins and stir until blended.

**SERVE** hot over baked fish.

**NUTRITIONAL INFORMATION**

| Daily Values: |  
| Vitamin C 20% | Vitamin A 6% | Vitamin B12 22% |

**Nutrients per serving:**

- Calories 259, Protein 28g, Fat 11.2g (Sat. Fat 3.4g), Carbohydrates 10g, Dietary Fiber 1.2g, Cholesterol 75mg, Sodium 405mg.

---

**Balsamic-Raisin Sauce for Roasted Vegetables**

Serve this sauce over roasted vegetables such as carrots, zucchini, broccoli, squash or cauliflower to make “eating your vegetables” a sweet and savory new experience. With no fat, it’s a great alternative to cheese sauce.

**MAKES: ½ CUP**

- ⅔ cup chicken broth
- 3 tablespoons balsamic vinegar
- 2 tablespoon frozen apple juice concentrate, thawed
- 1 teaspoon cornstarch
- ½ cup Sun-Maid Natural Raisins
- ¼ teaspoon dried thyme leaves

**COMBINE** all ingredients in small saucepan. Mix well.

**COOK** over medium heat until mixture boils.

**COOK** 10 minutes, until mixture is thick and reduced.

**POUR** mixture in food processor or blender container. Process until raisins are chopped.

**SERVE** over favorite roasted or grilled vegetables.

**NUTRITIONAL INFORMATION**

| Daily Values: |  
| Folate 20% | Dietary Fiber 6% |

**Nutrients per serving (2 tablespoons):**

- Calories 101, Protein 0.7g, Fat 0.1g (Sat. Fat 0g), Carbohydrates 23g, Dietary Fiber 1.5g, Cholesterol 0mg, Sodium 190mg.
Really Good Low-Fat Raisin Oatmeal Cookies  This is one recipe where low is good. Low sodium, low fat, and low cholesterol—now that’s a really good cookie. Raisins provide extra sweetness and natural goodness.

**MAKES: 40 COOKIES**

1 cup white whole wheat flour or whole wheat flour  
1 teaspoon baking powder  
1 teaspoon cinnamon  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 cup packed brown sugar  
3/4 cup fat-free vanilla or plain yogurt  
2 tablespoons canola or corn oil  
1 large egg  
1 teaspoon vanilla  
1 1/2 cups uncooked old fashioned or quick-cooking rolled oats  
1 cup Sun-Maid Natural Raisins

**HEAT** oven to 350°F. Cover 2 cookie sheets with parchment paper.  
**COMBINE** flour, baking powder, cinnamon, baking soda and salt together in small bowl.  
**COMBINE** brown sugar, yogurt, oil, egg and vanilla in large bowl. Add flour mixture to make a blended dough.  
**STIR** in oats and raisins.  
**DROP** mixture by rounded teaspoonfuls 2 inches apart on prepared cookie sheets.  
**BAKE** for 10 to 12 minutes until very lightly browned. Do not overbake.  
**SLIDE** cookies on the parchment paper onto the countertop to cool.  

**NUTRITIONAL INFORMATION**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>63</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1.1g</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td>1.1g (Sat. Fat 0.1g)</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>12.7g</td>
<td></td>
</tr>
<tr>
<td>Fiber</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>63mg</td>
<td></td>
</tr>
</tbody>
</table>

Light Citrus Cheesecake with Raisin-Nut Crust  You’ve been good, now for a small but smart indulgence. Raisins and walnuts create a deliciously sweet, crunchy crust, no sugar needed. And every serving of this cheesecake is low in cholesterol.

**MAKES: 12 SERVINGS**

**Crust**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun-Maid Golden Raisins</td>
<td>1 cup</td>
</tr>
<tr>
<td>Walnuts</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

**Filling**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange juice</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Envelope unflavored gelatin</td>
<td>1</td>
</tr>
<tr>
<td>Fat-free cream cheese</td>
<td>2 (8-ounce) pkgs.</td>
</tr>
<tr>
<td>Lemon or orange-flavored yogurt</td>
<td>1 (6-ounce) container</td>
</tr>
<tr>
<td>Lemon or orange peel</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Sun-Maid Golden Raisins</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

**HEAT** oven to 375°F. Spray 8-inch springform pan with cooking spray.  
**PRESS** in bottom and 1/2 inch up sides of springform pan.  
**BAKE** 8 minutes or until nuts are toasted and crust is set. Cool completely.  
**COMBINE** 1/4 cup of the orange juice and gelatin in 1-quart saucepan. Let stand 5 minutes or until soft.  
**HEAT** gelatin mixture over low heat just until gelatin is dissolved.  
**STIR** in remaining orange juice and sugar. Heat just until mixture is warm and sugar is dissolved.  
**BEAT** cream cheese in large bowl with electric mixer on medium until light and fluffy. Gradually beat in warm orange juice mixture until well mixed. Beat in yogurt and 1 teaspoon orange peel. Stir in 1/2 cup golden raisins.  
**POUR** mixture into crust. Garnish with citrus peel.  
**REFRIGERATE** at least 2 hours or until set.

**NUTRITIONAL INFORMATION**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>234</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>8.6g</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td>7.3g (Sat. Fat 1.1g)</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>35g</td>
<td></td>
</tr>
<tr>
<td>Fiber</td>
<td>2.1g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>4mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>222mg</td>
<td></td>
</tr>
</tbody>
</table>

**Light Citrus Cheesecake with Raisin-Nut Crust**

**MAKES: 12 SERVINGS**

**Crust**

1 cup Sun-Maid Golden Raisins  
1 cup walnuts

**Filling**

3/4 cup orange juice  
1 envelope unflavored gelatin  
3/4 cup sugar  
2 (8-ounce) pkgs. fat-free cream cheese, softened  
1 (6-ounce) container low-fat lemon or orange-flavored yogurt  
1 teaspoon grated lemon or orange peel  
1/2 cup Sun-Maid Golden Raisins  
Finely shredded or zested lemon or orange peel for garnish

**HEAT** oven to 375°F. Cover 9-inch springform pan with cooking spray.  
**PROCESS** 1 cup golden raisins and walnuts in food processor until finely chopped, about 30 seconds.  
**PRESS** in bottom and 1/2 inch up sides of springform pan.  
**BAKE** 8 minutes or until nuts are toasted and crust is set. Cool completely.  
**COMBINE** 1/4 cup of the orange juice and gelatin in 1-quart saucepan. Let stand 5 minutes or until soft.  
**HEAT** gelatin mixture over low heat just until gelatin is dissolved.  
**STIR** in remaining orange juice and sugar. Heat just until mixture is warm and sugar is dissolved.  
**BEAT** cream cheese in large bowl with electric mixer on medium until light and fluffy. Gradually beat in warm orange juice mixture until well mixed. Beat in yogurt and 1 teaspoon orange peel. Stir in 1/2 cup golden raisins.  
**POUR** mixture into crust. Garnish with citrus peel.  
**REFRIGERATE** at least 2 hours or until set.

**NUTRITIONAL INFORMATION**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Folate</td>
<td>27%</td>
<td></td>
</tr>
</tbody>
</table>

Nutrients per serving:

<table>
<thead>
<tr>
<th>Calorie</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Fiber</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>234</td>
<td>8.6g</td>
<td>7.3g</td>
<td>35g</td>
<td>2.1g</td>
<td>4mg</td>
<td>222mg</td>
</tr>
</tbody>
</table>
Mixed Berry Raisin Cobbler  Might be hard to believe, but this fruity raisin cobbler is 97% fat-free. Top that with all its antioxidants, fiber and vitamin C, plus a whole-grain raisin biscuit topping, and this is a dessert that really is good for you!

MAKES: 8 SERVINGS

- 2 (12-ounce) pkg. frozen mixed berries
- 1/2 cup sugar
- 1 tablespoon cornstarch
- 1/3 cup plus 3/4 cup Sun-Maid Natural Raisins, divided
- 3/4 cup whole wheat flour
- 1/4 cup all-purpose flour
- 2 tablespoons plus 2 teaspoons sugar, divided
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/3 cup fat-free vanilla yogurt
- 2 tablespoons butter, melted
- 1 egg, beaten
- Fat-free vanilla frozen yogurt, if desired

HEAT  oven to 400°F. Spray 11 x 7-inch glass baking dish with cooking spray.

POUR  berries into dish. Stir in 1/2 cup sugar and cornstarch. Cover with waxed paper.

MICROWAVE  on high 10 to 12 minutes, stirring twice and rotating dish, until fruit is hot and beginning to thicken. Stir in 1/4 cup raisins.

COMBINE  flours, 2 tablespoons sugar, baking powder and salt in small bowl. Stir in 3/4 cup raisins.

COMBINE  yogurt, melted butter and egg. Add to flour mixture. Stir just until moistened.

DROP  biscuit dough by small spoonfuls over hot fruit. Sprinkle with 2 teaspoons sugar.

BAKE  12 to 14 minutes or until biscuits are golden brown and thoroughly cooked. Cool slightly.

SERVE  with frozen yogurt, if desired.

NUTRITIONAL INFORMATION

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>273</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>4.3g</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td>4.1g</td>
<td></td>
</tr>
<tr>
<td>(Sat. Fat</td>
<td>2.1g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>51g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5.7g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>34mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>204mg</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin C 23%    Folate  30%    Dietary Fiber 23%