

Jane's Favorite Tri-colored Salad

An eye-catching salad to make your mouth smile.



INGREDIENTS

8 ounces orzo
3 tablespoons olive oil
3 cups fresh spinach
3/4 cup feta cheese
1 cup California raisins
12 fresh basil leaves, torn
1/2 cup pine nuts, toasted
3 tablespoons lemon juice
1/2 teaspoon salt
1/2 teaspoon ground pepper

PROCEDURE

Cook pasta as directed on package. Drain and turn into large serving bowl; drizzle with olive oil and toss to coat well. Set aside to cool. Add remaining ingredients to bowl; toss to combine well. Serve at room temperature.

Serves: 8

Nutrition Facts (per serving)

Calories 300 (38% from fat); Total Fat 13g (sat 3.5g, mono 6g, poly 3g); Cholesterol 15mg; Protein 9g; Carbohydrates 40g; Fiber 3g; Iron 3mg; Sodium 330mg; Calcium 107mg;

Health and Nutrition Research

The California Raisin Marketing Board (CRMB) is committed to on-going research and leadership in the nutrition research arena.

Did You Know?

- One serving of California Raisins (1/4 cup or 40 grams) delivers dietary fiber, potassium and important antioxidants.
- Just 1/4 cup of raisins is one serving of fruit.
- Raisins are naturally fat and cholesterol free.
- Raisins are one of the few foods providing naturally occurring inulin, a dietary fiber that supports healthy digestion.
- Raisins rank as one of the best sources of antioxidants. They contain catechins, a compound from this group.
- Raisins are a delicious, convenient and affordable addition to recipes, snacks and meals—they bring out flavor while boosting nutrition.

Nutrition Facts

Serving Size: 1/4 cup (40g)

Amount Per Serving

Calories 130 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Potassium 310mg **9%**

Total Carbohydrate 31g **10%**

Dietary Fiber 2g **9%**

Sugars 29g

Protein 1g

Vit A 0%

Vit C 0%

Calcium 2%

Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

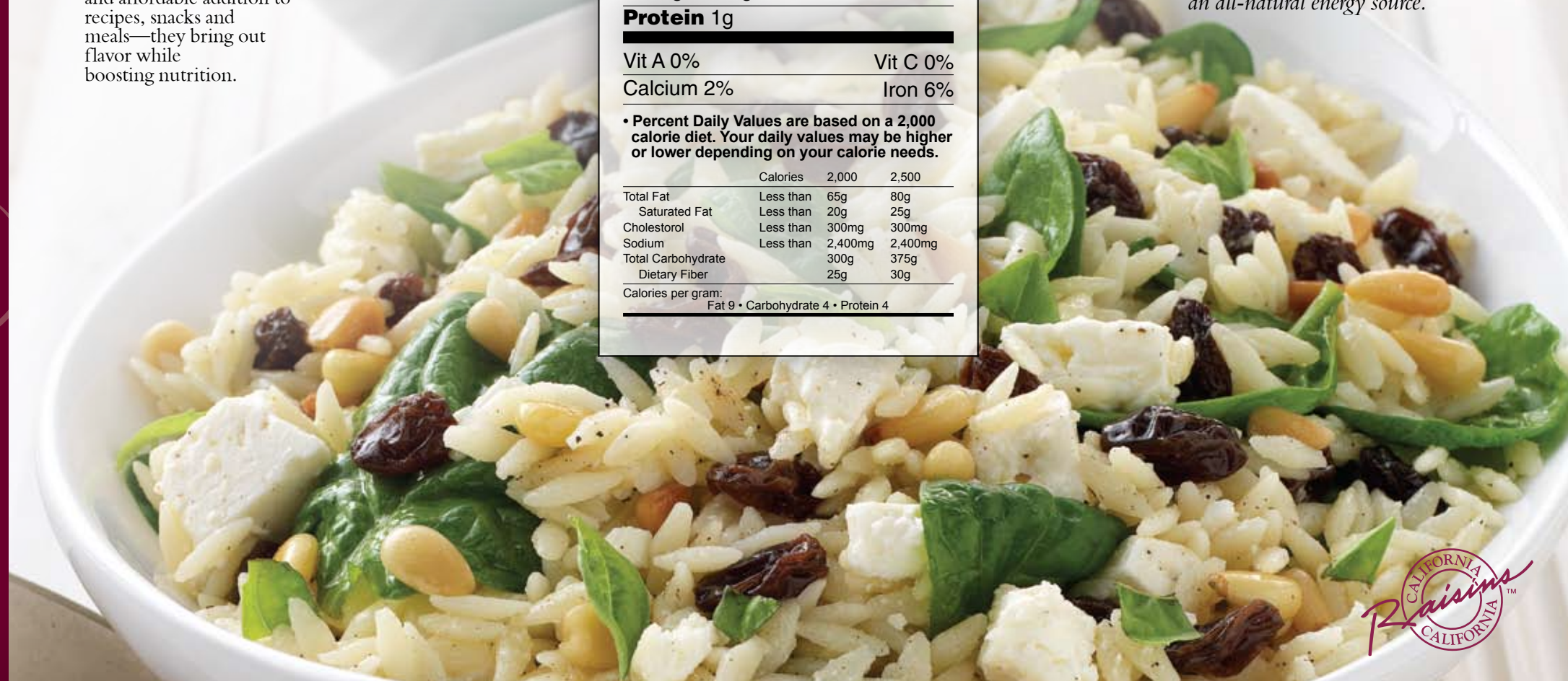
Fat 9 • Carbohydrate 4 • Protein 4

California Raisins

The Wise Choice for Good Nutrition

Time and again, research shows that raisins contribute to the overall quality of a healthy, balanced diet. California Raisins deliver potassium and antioxidants along with fiber and inulin to help promote a healthy heart and digestive system.

They are also fat and cholesterol free and are an all-natural energy source.



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Here are some of the benefits that come from this small, but mighty, fruit as shown by this research.

California Raisins

A Handful of Nutrients

- One serving of raisins (1/4 cup or 40 grams)—about a handful—provides important antioxidants, fiber and potassium.
- Naturally fat and cholesterol free, raisins provide a convenient and delicious way to add more fruit to the diet.

When it Comes to Antioxidants,

Raisins are on Top

- By any measure, California Raisins are one of the best sources of antioxidants.
- Raisins contain antioxidant phytochemicals, including polyphenols and cancer-protective catechins (Dannenbergh, et al).

Cardiovascular Health Benefits

California Raisins Show Potential

- One serving of raisins per day decreased LDL (bad) cholesterol levels in subjects whose LDL levels were elevated (Camire, et al).

Digestive Health

Raisins are Uniquely Suited to Deliver Benefits

- California Raisins are one of the few foods that provide naturally occurring inulin (also known as fructan), a fiber-like carbohydrate that helps support colon health (Medallion Labs).
- Another study found that daily consumption of 2 to 4 servings of raisins provided moderate but beneficial changes in colon function, including improved digestive function and reduction of potential colon cancer risk factors (Spiller, et al).

California Raisins

All-Natural Energy for Active Lifestyles

- California Raisins contain fructose and glucose, naturally occurring sugars that are readily absorbed by the body and easily converted into energy.
- An early study showed that a pre-game raisin and nut snack provided a more sustained, steady source of energy than a bagel and lemonade snack (Spiller, et al).
- California Raisins are a cost-effective pre-exercise fuel source compared to sports gel for short-term exercise bouts. (Kern, et al).
- Recent data showed that raisins have a “moderate” glycemic index, indicating that they do not cause a rapid rise in blood sugar levels (Mattern, et al).

California Raisins and Dental Health

Setting the Record Straight

- Researchers at the University of Chicago College of Dentistry have shown that raisins contain naturally-occurring plant compounds (phytochemicals) that suppress bacterial activity in the mouth responsible for gum disease and tooth decay (Wu, et al).



California Raisin Peanut Butter Spread

Just 1 tablespoon makes a quick, healthy snack if there's a jar of this in the fridge.



INGREDIENTS

3/4 cup California raisins
1/2 cup apple juice
2 tablespoons honey
2 teaspoons ground cinnamon
1 cup creamy peanut butter

PROCEDURE

Measure raisins and apple juice into small saucepan and bring to boil; reduce heat and simmer for 8 to 10 minutes or until raisins have absorbed all the juice. Stir in honey and cinnamon; cool slightly. Stir in peanut butter. Spread onto graham crackers, bread, mini-bagels, apple slices or celery sticks.

Yields: 1 2/3 cups

Serves: 26

Recipe Times

Preparation: 10 min.

Cooking: 10 min.

Nutrition Facts (per serving)

Calories 80 (53% from fat); Total Fat 5g (sat 1g, mono 2g, poly 1g); Cholesterol 0mg; Protein 3g; Carbohydrates 7g; Fiber <1g; Iron <1mg; Sodium 0mg; Calcium 8mg;

Variation:

Great for lunches! Place in small plastic container with graham cracker sticks for dipping! One tablespoon spread on 4 squares (2.5-inches each) graham crackers per serving.

Nutrition Facts (per serving with graham crackers)

Calories 140 (38% from fat); Total Fat 6g (sat 1.5g, trans -0g, mono 3g, poly 1g); Cholesterol -0-mg; Protein 4g; Carbohydrate 19g; Fiber <1g; Iron <1mg; Sodium 5mg; Calcium 8mg; Vitamin A 1IU; Vitamin C <1mg.

