
Cooking With Raisins

Key Nutrients

- Fiber - prevents constipation
- Iron - carries oxygen in our blood

Serving Size

1/4 cup raisins provides 1 serving from the Fruit food group.

Storage and Safety

Opened boxes of raisins should be stored in the refrigerator. Raisins also freeze well.

Note: raisins can be a choking hazard for children under 3.

Preparation and Cooking

You can "plump" or soften raisins in hot water, juice or milk.

Uses and Tips

Raisins can be added to just about any dish:

- Add raisins to cereal: toasted oats, flakes or granola; or hot cereal, like oatmeal
- Add raisins to any cookie, quick bread, or fruit pie recipe - especially apple
- Add a handful of raisins and nuts to hot rice for a delicious rice pilaf
- Add a half-cup of raisins to chicken or vegetable stew, or to stuffing
- Try raisins in fruit salad, green salad, coleslaw or rice salad

Source: Anne Hoisington, OSU Extension, Multnomah County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>