

## COMMODITY FOODS

# RAISINS

### Storage

- Store opened packages in the refrigerator and use within 6 months.
- Unopened packages will keep on the shelf for 6 months.
- Raisins freeze well and thaw quickly.

### Uses & Tips

- For easier chopping of raisins, use an oiled knife.
- Raisins can be plumped by soaking in hot water for 2 to 5 minutes. Drain well.
- Stir chopped raisins into peanut butter or cheese and use as a sandwich spread.
- Add chopped raisins to vegetables, poultry stuffing or chicken salads.
- Use raisins in baked goods.
- Combine raisins with nuts to make trail mix.



### **Carrots and Raisins** Serves 6.

6 med. carrots, cut into quarters

1/2 cup water

2 Tbsp. margarine

2 Tbsp. sugar

1/2 cup raisins

1. Cook carrots and cool. Cut carrots into strips.
2. Combine water, margarine, sugar and raisins in a medium pan.
3. Bring to a boil. Add carrots and lower heat to medium.
4. Gently stir and cook until carrots are hot, about 5 – 10 minutes.

**NUTRITION FACTS (per serving) - Calories 120 ~ fat 4 g ~ calories from fat 35 ~ sodium 90 mg ~ total carbohydrate 22 g ~ fiber 2 g**