

Raisin Recipes



Mexican Rice Casserole Serves 6.

2 Tbsp. margarine	1 Tbsp. chili powder
1/2 cup uncooked rice	1 cup canned tomatoes
1 med. onion, chopped	2 cups water
1 lb. ground beef	1 cup raisins

Salt & pepper, to taste

1. Heat margarine in large skillet and add rice.
2. Cook rice over low heat until lightly browned.
3. Add onion and beef to rice. Cook until meat is browned, stirring frequently.
4. Add chili powder, tomatoes, water and raisins. Mix well.
5. Cover and cook for 45 minutes or until rice is cooked. Add more water if needed.

NUTRITION FACTS (per serving) - Calories 350 ~ fat 16 g ~ calories from fat 140 ~ sodium 170 mg ~ total carbohydrate 36 g ~ fiber 3 g

Sweet Potato-Raisin Patties Serves 6.

4 medium sweet potatoes, cooked	3 Tbsp. flour
1 egg	1/2 cup raisins
1/2 tsp. salt	2 Tbsp. margarine

1. Mash sweet potatoes.
2. Combine egg, salt and flour with sweet potatoes.
3. Stir in raisins and mix well.
4. Melt margarine in a skillet.
5. Place sweet potato mixture by tablespoonfuls into heated skillet.
6. Brown sweet potato patties on both sides.

NUTRITION FACTS (per patty) - Calories 180 ~ fat 5 g ~ calories from fat 40 ~ sodium 290 mg ~ total carbohydrate 35 g ~ fiber 3 g

Peanut Butter Apple Raisin Spread Serves 6.

2/3 cup peanut butter	1/4 cup applesauce
1/4 cup chopped raisins	1/8 tsp. ground cinnamon

1. Mix the ingredients together. Cover and refrigerate for a couple of hours to allow the flavors to mix.
2. Spread it on bread or muffins.

NUTRITION FACTS (per serving) - Calories 200 ~ fat 14 g ~ calories from fat 130 ~ sodium 135 mg ~ total carbohydrate 13 g ~ fiber 2 g

