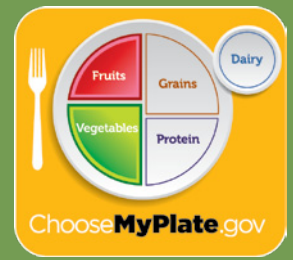


Sweet and Juicy Raisin Tapenade

Preparation Time: 10 minutes

Traditional tapenades can be high in sodium, but not this version, with its base of raisins. Spread on crackers or pita bread as a snack or appetizer, or include as part of a tapas-inspired meal. Makes a great portable lunch.



Ingredients

- 1 cup California raisins
- ¼ cup pitted Kalamata olives, drained
- 2 tsp walnuts
- 1 tbsp balsamic vinegar
- 2 tsp olive oil
- 16-20 whole grain pita wedges or melba rounds

Place tapenade ingredients in food processor, run until raisins, olives, and walnuts are finely chopped. (Can be made ahead and refrigerated). Serve with melba rounds or pita wedges.

To make tapas-inspired meal serve with a glass of 100% apple juice and hummus with cucumber slices and carrot or celery sticks. Serves 4.

- California Raisins are fat- and cholesterol-free; naturally low in sodium; and, loaded with antioxidants.
- Just ¼ cup of raisins provide a full day's serving of fruit for adults.
- A great value, too...the United States Department of Agriculture (USDA) ranks raisins as the most economical fruit per serving.

For more great-tasting recipes featuring California raisins visit www.loveyourraisins.com.

Drinking 100% juice is a convenient way to help meet one or two of your daily recommended servings of fruits and vegetables. One 4 oz glass (½ cup) of 100% juice equals one serving.

For more information and recipes featuring 100% juice, visit www.fruitjuicefacts.org.

Recipe cost

\$3.61 for four, \$0.90 per serving.

Meal cost

\$10.57 for four, \$2.64 per serving.

*Retail prices, Boulder, Colorado and online, Fall 2011.

Recipe Nutrition Information per Serving

Calories 250
 Total Fat 6g
 Saturated Fat 0.5g
 % of Calories from Fat 22%
 % Calories from Sat Fat 2%
 Protein 5g
 Carbohydrates 49g
 Cholesterol 0mg
 Dietary Fiber 5g
 Sodium 220mg

A good source of fiber, thiamin, potassium, iron, phosphorus, and copper.

MyPlate Food Group Amounts

Fruits ½ cup	Protein ¼ oz
Vegetables 0	Dairy 0
Grains 1 oz	

Meal Nutrition Information per Serving

(Serve with an 8 oz glass of 100% apple juice and hummus with cucumber slices and carrot or celery sticks.)

Calories 440
 Total Fat 9g
 Saturated Fat 1.5g
 % of Calories from Fat 18%
 % Calories from Sat Fat 3%
 Protein 8g
 Carbohydrates 89g
 Cholesterol 0mg
 Dietary Fiber 9g
 Sodium 380mg

An excellent source of fiber, vitamin A, thiamin, B6, potassium, phosphorus, and copper, and a good source of protein, vitamin C, niacin, riboflavin, folate, iron, and zinc.

MyPlate Food Group Amounts

Fruits 1½ cups	Protein 1 oz
Vegetables 1 cup	Dairy 0
Grains 1 oz	

Healthy Resources

- www.FruitsAndVeggiesMoreMatters.org
- www.loveyourraisins.com
- www.fruitjuicefacts.org
- www.FoodChamps.org
- www.ChooseMyPlate.gov

MyPlate Core Messages

Foods to Increase

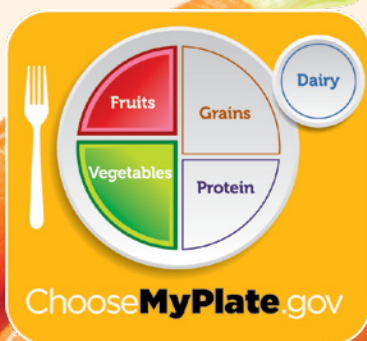
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



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