

# Healthy Eating

## Raisin Salsa—A Sweet And Savory Sensation

(NAPSA)—The sweet news about one favorite fruit is that it can also be used in savory dishes.

As a nutritional powerhouse, California raisins provide a sweet balance to a variety of savory dishes. Simply adding a handful to curries, or served up in a chutney, relish or salsa to pair with fish, pork or chicken will create a new special dish for family and friends to enjoy. That means more opportunities to add nutritional value to your meals in a flavorful way that everyone in the family can appreciate.

Recent research shows raisins have even more healthful benefits to offer than previously suspected. From having a positive impact on heart disease by stimulating the body to use its own cholesterol, to contributing to a lower risk of colorectal cancer, to ranking among the top antioxidant foods, these sweet morsels have a lot to offer.

A quarter cup of California raisins is one serving of healthy fruit.

The following recipe for Grilled Pineapple, Chipotle and Raisin Salsa is a flavorful side dish that packs a powerful nutritional punch per serving.

### Grilled Pineapple, Chipotle and Raisin Salsa

- 1 cup California raisins
- 1 cup dark rum
- 2 fresh pineapples, cored and sliced ¼-inch thick
- ¼ cup olive oil
- ½ cup chipotle peppers, seeded and diced fine
- 2 tablespoons California raisin paste or ¼ cup California raisins, finely ground
- Juice of 2 fresh limes
- Grated zest of 1 orange
- Juice of 1 orange
- ½ cup extra virgin olive oil
- ¼ cup sliced fresh green onions
- ¼ cup finely chopped fresh cilantro
- ¼ cup diced (¼-inch) roasted red peppers



**Sweet and savory California raisins add flavor and nutritional value to a variety of dishes.**

**Sea salt, to taste**

**Combine raisins and rum in small bowl; set aside to plump raisins for 30 minutes. Preheat grill to medium-high. Brush pineapple on all sides with olive oil; grill until evenly and lightly caramelized on both sides, saving any juice that seeps off in a 2-quart mixing bowl. Cool to room temperature; dice pineapple into ¼-inch cubes and add to mixing bowl.**

**In separate bowl, combine chipotles, raisin paste, lime juice, orange zest and orange juice. Slowly add extra virgin olive oil, whisking vigorously to emulsify. Stir in the pineapple and pineapple juice. Fold in the green onions, cilantro, roasted peppers and season to taste with sea salt. Set aside to meld flavors.**

**Yields: 1½ quarts**

**Serves: 24**

**Nutrition Facts (per serving)  
Calories 130 (48% from fat);  
Total Fat 7g (sat 1g, mono 5g, poly <1g);  
Cholesterol 0mg;  
Protein 1g; Carbohydrates 12g;  
Fiber 1g; Iron <1mg; Sodium 0mg; Calcium 8mg.**

For more recipes and tips to include raisins to your diet, visit [www.calraisins.org](http://www.calraisins.org).