

Raisin Waldorf Salad Does Double Duty For Lunch

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(NAPSA)—Every day, 365 days a year, people eat lunch—that's a lot of lunch ideas to put together. Never fear, natural California



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raisins can help with Raisin Waldorf Salad. This colorful salad has sun-dried raisins, fresh apples, and lean ham for a delicious new twist on the classic Waldorf. It's easy to

make and can be packed into a portable plastic container for lunch one day and rolled up into a flour tortilla for a fun "sandwich" another day.

Eating 5 to 9 servings of colorful fruits and vegetables a day, exercising regularly and maintaining a healthy weight is good advice for young and old alike. However, according to a recent Produce for Better Health Foundation survey, only 13 percent of American families actually eat the minimum five daily servings of fruits and vegetables.

Lunch is a good place to pack in at least two servings of fruits and vegetables. With natural California raisins it's easy, since it only takes one-fourth cup of raisins to give you a full serving of fruit. Packed with sweet fruit flavor, these delightful little morsels are filled with a wide array of essential nutrients, health promoting antioxidants, dietary fiber and energy. Natural California raisins have a unique combination of vitamins and minerals—iron, potassium, thiamin, riboflavin, calcium and B6—making them a popular way to add more fruit to your diet.

To help increase the number of fruits and vegetables your family eats each day, include the kids in your planning and shopping, and choose foods they like. Make foods colorful and fun, and always keep perishable foods cool. Here are some quick tips to add more fruit to your diet.

1. Have the kids help you make Raisin Waldorf Salad Rollups

2. Add raisins to tuna and chicken salad along with chopped



Raisin Waldorf Salad can double as a sandwich filling.

celery and grated carrots and pack into hollowed-out bread rolls

3. Include a box of raisins and a container of yogurt to stir together

4. Add raisins to cinnamon applesauce for 2 servings of fruit

For more natural California Raisin recipes and information, visit the Web site www.sunmaid.com; and for more information about 5 A Day, visit the Web site www.5aday.org and www.aboutproduce.com.

Raisin Waldorf Salad

- ½ cup Sun-Maid Natural California Raisins**
- 4 ounces diced lean ham**
- 2 apples, diced**
- ½ cup sliced celery**
- ¼ cup fat-free mayonnaise or plain yogurt**
- 2 tablespoons chopped toasted walnuts, optional**
- 4 small (6-inch) flour tortillas, optional**

Combine salad ingredients. Serve as a salad or make into sandwich rollups. For rollups, divide filling equally among tortillas and roll up, folding in the ends. Wrap in plastic wrap or aluminum foil until ready to eat. Makes 4 servings.

Nutritional information per serving (for salad): calories: 193, total fat: 5.8g, saturated fat: 2.0g, % calories from fat: 26%, protein: 9g, carbohydrates: 29g, cholesterol: 28mg, dietary fiber: 3g, sodium: 148mg. Salad and rollups meet 5 A Day recipe criteria.