SWEET AND JUICY RAISIN TAPENADE

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.

Preparation time: 10 minutes
Serves: 4

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

DIRECTIONS:

1. Place tapenade ingredients in food processor.
2. Run until raisins, olives, and walnuts are finely chopped.
3. Can be made ahead and refrigerated.
4. Serve with melba rounds or pita wedges.

Food Group Amounts	
Dairy	- -
Fruits	- -
Vegetables	½ cup
Grains	- -
Protein	1 oz

Nutrition Facts
Serving Size 86 g

Amount Per Serving	
Calories 250	Calories from Fat 50
	%Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 49g	16%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 5g	

Vitamin A 0% • Vitamin C 2%
Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Serving Suggestions:

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

Tips on Raisins:

- Raisins are fat- and cholesterol-free, naturally low in sodium, and loaded with antioxidants
- Just ¼ cup of raisins is equivalent to ½ cup of fruit.
- Raisins are the most economical fruit per serving.

Recipe Submitted by Produce For Better Health Foundation

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