

A kinder, gentler nation embraces a plumper, more wrinkled fruit.

AMERICA'S NEW ROLE MODEL MAKES NO APOLOGIES.

Down with liquid fasting. Out with the 24-hour gym.

And will the last woman doing eight aerobics classes a week please turn out the lights when she leaves.

Welcome to the 90's, where California raisins will be the shape on everyone's lips. Where your wrinkles will herald your wisdom, and nobody's going to mind if you miss a workout or two.

Now no one's suggesting you give up exercise altogether. Or hair coloring. Or moisturizer. What we

are saying is have some fun. Eat some raisins. Enjoy.

DON'T GIVE UP A THING.

Depriving yourself of the foods you love will leave you perpetually unsatisfied. It'll make you cranky, too.

Be happy. Whip up these low-calorie raisin treats.

CHEESY ZUCCHINI BOATS

185 Calories
PER SERVING

6 medium zucchini, scrubbed, ends trimmed, and halved lengthwise

*Before beginning this or any exercise program, consult your physician
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2 medium tomatoes, peeled, seeded, and chopped
10 medium mushrooms, chopped
2 Tbs. olive oil
½ cup raisins
¼ cup minced parsley
2 Tbs. toasted pine nuts
1 Tbs. minced fresh oregano or 1 tsp. dried oregano
½ tsp. salt
¼ tsp. pepper
¼ tsp. cinnamon
1½ cups shredded, low-fat, mozzarella cheese

Use a teaspoon to hollow out each zucchini half, leaving ¼ inch walls. Reserve centers and chop them coarsely.

In olive oil, cook reserved centers, tomatoes, and mushrooms over medium high heat about 8 minutes or until most of the liquid is evaporated. Add the raisins, parsley, pine nuts, oregano, salt,

pepper, and cinnamon. Cook 5 minutes more.

Steam the zucchini boats about 3 minutes until crisp-tender. Place in an 8" x 12" baking dish. Divide the filling among the twelve boats. Top with mozzarella.

Bake at 350° for 20 minutes.

Makes six main course servings of two boats each.



Not just for eating! Using a 1.5 oz. box of raisins, do 20 arm curls. (If you feel the burn, you're taking it too seriously.)*

OAT'N ORANGE MUFFINS 123 Calories PER SERVING

1 cup oat bran
1 cup buttermilk
½ cup raisins
¼ cup orange juice
1 tsp grated orange zest
1 egg, slightly beaten
½ cup honey
¼ cup vegetable oil
1 cup flour
1½ tsp baking powder
½ tsp baking soda
½ tsp salt

Line 18 muffin tins with paper muffin cups or grease lightly.

Combine oat bran, buttermilk, raisins, orange juice and zest. Let sit for 30 minutes.

Mix egg, honey, and oil. Add to oat bran mixture and stir well. Sift together flour, baking powder, soda, and salt. Add to oat bran-egg mixture and stir just until mixed.

Fill muffin cups two thirds full. Bake at 375° for 20-22 minutes. Remove muffins from tin and cool on rack.

ASIAN SALAD 58 Calories PER SERVING

4 cups shredded carrots
1 cup shredded red radishes
¼ cup raisins
¼ cup minced cilantro
3 Tbs. lime juice
2 Tbs. soy sauce
1 Tbs. sesame oil
1 Tbs. minced jalapeño pepper
1 Tbs. minced fresh ginger root

Combine carrots, radishes, and raisins in a 1½ quart mixing bowl. Combine cilantro, lime juice, soy sauce, sesame oil, jalapeño, and ginger root in a small bowl.

Pour over carrot mixture and mix well. Chill at least ½ hour.

SAVORY CHICKEN PINWHEELS 271 Calories PER SERVING

6 medium chicken breast halves, skinned and boned
2 Tbs. olive oil
1 cup sliced leeks
½ cup chopped celery
1 cup red pepper

Cook leeks and celery in oil over low heat about 10 minutes or until translucent.

Add red pepper, raisins, paprika, salt, saffron, and cayenne. Cook 5 minutes longer. Cool slightly.

Spread each chicken breast with 1 tablespoon of filling. Roll the meat up and secure with toothpicks if necessary. Place seam side down in an 8" x 5" baking dish. Season lightly with salt and pepper. Top with remaining pepper mixture.

Bake at 350° for 30-35 minutes. Remove from oven, cover loosely with foil and let rest 10 minutes. To serve, cut each roll crosswise in 4 slices. Makes six servings.

APPLE-RAISIN OAT CRISP

195 Calories
PER SERVING

4 large tart green apples
2 Tbs. lemon juice
½ cup raisins
½ cup brown sugar
¼ cup flour
¼ cup oat bran
¼ cup quick-cooking oats
¼ cup butter
½ tsp. grated lemon zest
¼ tsp. nutmeg

Preheat oven to 375°. Peel, halve, and core apples. Cut into ½" chunks. Combine apples, raisins, and lemon juice in an 8" x 8" glass baking dish.

Combine remaining ingredients and mix with your fingers until mixture is crumbly. Distribute evenly over apple-raisin mixture.

Bake at 375° for 30 minutes or until apples are tender. Serves nine.

Makes eight ½ cup servings.

HOW WRINKLED IS TOO WRINKLED?

Standing in front of a mirror, hold a raisin up to your face. Which is more wrinkled (or "sun-kissed," as we like to say), the raisin or you? Admit it, you've got a long way to go.



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