



Neighbors, Inc., South St. Paul, MN 55075

Oatmeal Raisin Breakfast Cake

You will need:

$\frac{3}{4}$ cup dark raisins	2 $\frac{1}{4}$ cups Quick Oats	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp. cinnamon
2 ripe mashed bananas	$\frac{1}{3}$ cup honey or maple syrup	

Instructions:

- . Preheat oven to 350 degrees F. Grease 9x9-inch baking pan.
- . Combine all dry ingredients into a mixing bowl.
- . Mix mashed bananas and honey or syrup into the dry mixture.
- . Stir in raisins and any other add-ins you would like. (nuts, chocolate, coconut)
- . Spoon mixture into pan, compressing it evenly. Smooth out the top.
- . Bake 25 - 30 minutes, until the top is firm and golden brown at the edges.
- . Cool before cutting into squares. Store in the refrigerator or freezer.

Raisin Growers Raisin Sauce

You will need:

1 cup dark raisins	1 cup firmly packed brown sugar	1 $\frac{1}{2}$ tbsp. cornstarch
$\frac{1}{4}$ tsp. ground cinnamon	$\frac{1}{4}$ tsp. ground cloves	$\frac{1}{4}$ tsp. dry mustard
$\frac{1}{4}$ tsp. salt	1 $\frac{3}{4}$ cups water	1 tbsp. vinegar

Instructions

- . In a saucepan, combine brown sugar, cornstarch, spices, mustard, and salt. Stir in water and raisins.
- . Cook over moderate heat, stirring constantly, until mixture thickens and boils.
- . Remove from heat. Blend in vinegar. Serve with warm with ham.

Rice with Raisins and Apples

You will need:

2 tbsp. dark raisins	1 tbsp. butter	$\frac{1}{3}$ cup finely chopped onion
1 cup uncooked white rice	1 $\frac{1}{2}$ cup chicken broth	salt and pepper to taste
$\frac{1}{4}$ cup sliced almonds		

Instructions:

- . Melt butter in a medium sauce pan over medium heat. Saute onion, stirring, until tender.
- . Stir in the rice, raisins, broth, salt, and pepper. Bring to a boil.
- . Reduce to low heat. Cover and simmer 15 - 20 minutes, or until rice is cooked and liquid is absorbed.
- . Stir in almonds before serving.

Easy Apple Raisin Pork Chops

You will need:

1 cup dark raisins	6 pork chops	2 tbsp. flour
1 cup hot water	1 tbsp. vinegar	3 tbsp. brown sugar
3 tart apples, cut and peeled	salt, pepper, and sage to taste	cooking oil

Instructions:

- . Preheat oven to 350 degrees F. Season pork chops with salt, pepper, and sage.
- . Brown pork chops in a skillet with cooking oil. Once browned, remove.
- . Add flour, then water, vinegar, and raisins. Cook and stir to thicken.
- . Arrange chops in casserole. Top pork chops with peeled and sliced apples.
- . Sprinkle with brown sugar and top with raisin mixture. Bake covered for 1 hour.

Chicken with Apples and Raisins

You will need:

$\frac{3}{4}$ cup dark raisins	2 lbs. boneless chicken breasts, halved	1 large onion
2 large carrots	2 medium apples	1 tsp. ground cinnamon
1 tsp. ground cumin	1 tsp. ground coriander, optional	$\frac{1}{4}$ tsp. ground black pepper
$\frac{1}{2}$ tsp. salt	2 tbsp. cooking oil, divided	$\frac{1}{4}$ cup fresh parsley or cilantro
1 (15 oz.) can low sodium chicken broth	brown rice cooked per package instructions	

Instructions:

- . Peel, rinse, and dice onion and carrot. Rinse and dice apples.
- . Rinse, dry, and chop parsley or cilantro, if using.
- . In a small bowl, mix cinnamon, coriander, cumin, $\frac{1}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper.
- . Pat chicken dry with a paper towel. Rub chicken pieces with spice mixture.
- . In a large skillet over medium heat, heat 1 tbsp. oil. Add onion, carrot, and apples.
- . Cook, stirring occasionally, until starting to brown, about 15 minutes. Transfer to a medium bowl.
- . Add remaining oil to the skillet. Brown 2 - 4 minutes per side. Add chicken broth to the pan.
- . Simmer until chicken is cooked through to 165 degrees F. internal temperature.
- . Stir in vegetable mixture and raisins. Simmer an additional 5 - 10 minutes.
- . Stir in fresh parsley or cilantro, optional.

Old Fashioned Raisin Cake

You will need:

1 cup dark raisins	1 large navel orange, cut into 8 wedges	$\frac{1}{2}$ cup pecans
$\frac{1}{2}$ cup butter, softened	1 cup sugar	2 eggs
2 cups all-purpose flour	1 tsp. baking soda	1 tsp. vanilla extract
$\frac{2}{3}$ cup buttermilk	(You can make homemade buttermilk by mixing 1 cup milk with 1 tbsp. vinegar.)	
For glaze:	$\frac{1}{2}$ cup confectioners' sugar	$\frac{1}{2}$ tsp. salt
		2 tbsp. orange juice

Instructions:

- . Use a food processor, hand mixer, or hand chopper to finely chop orange, raisins, and pecans. Set aside.
- . In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs and vanilla until well blended.
- . Combine flour, baking soda and salt. Add to creamed mixture alternately with buttermilk.
- . Beat well after each addition. Stir in orange mixture.
- . Pour into a greased and floured 10-inch flouted tube pan.
- . Bake at 325 degrees F. for 45 - 55 minutes or until toothpick inserted in the center comes out clean.
- . Cool for 10 minutes before removing from pan to a wire rack to cool.
- . In a small bowl, combine glaze ingredients until smooth. Drizzle over warm cake.