

Kids In The Kitchen

“Raisin” The Nutritional Bar With Pizza

(NAPSA)—Creative parents know that one of the best ways to get kids to eat “good for them” foods, such as fruits and vegetables, is to incorporate them into popular favorites, like pizza. A pair of recipes that use raisins to give your family a nutritional boost might seem like a stretch, but kids and adults will be delighted with the results.

Raisins rank among the top antioxidant foods, according to USDA government tests. High in potassium, raisins deliver a lot of nutrition. Just $\frac{1}{4}$ cup of raisins (1.5 oz.) equals one complete fruit serving.

Surprising Margherita Pizza Makes 4 servings

- 2 tablespoons olive oil
- 1 large clove garlic, minced or pressed
- 1 prebaked pizza crust (11”), or two 8-inch crusts
- 2-3 Roma tomatoes, thinly sliced
- $\frac{1}{2}$ cup Sun-Maid Natural Raisins
- 2 tablespoons thinly sliced fresh basil
- $\frac{1}{2}$ cup shredded mozzarella cheese
- $\frac{1}{4}$ cup shredded Parmesan cheese
- Coarse salt

Heat oven to 375°F.

Combine olive oil and garlic. Spread evenly on pizza crust. Arrange tomatoes on crust. Top with raisins and basil. Sprinkle cheeses over pizza. Dust lightly with coarse salt.

Bake on oven rack or a baking sheet for 15-18 minutes until cheese is melted and crust is lightly crisped.



Raisins help give pizza a sweet boost of flavor and nutrients.

Zucchini Ribbons Pizza Makes 4 servings

- 1 tablespoon olive oil
- 1 large clove garlic, minced
- 1 teaspoon grated lemon zest
- 1 small zucchini (about 1x7”)
- 1 prebaked pizza crust (11”), or two 8-inch crusts
- $\frac{1}{2}$ cup (4 ounces) crumbled feta cheese or soft goat cheese
- $\frac{1}{2}$ cup Sun-Maid Natural Raisins or Golden Raisins
- $\frac{1}{4}$ cup shredded Parmesan cheese
- 1 tablespoon pine nuts

Heat oven to 375°F.

Combine olive oil, garlic and lemon zest in a medium bowl. Slide a vegetable peeler firmly along the length of the zucchini to make thin “ribbons.” Mix zucchini ribbons thoroughly with olive oil mixture.

Crumble feta or spread goat cheese evenly over pizza crust. Sprinkle raisins over cheese. Arrange zucchini evenly on top, lightly folding and mounding zucchini ribbons. Sprinkle with Parmesan and pine nuts.

Bake on oven rack or a baking sheet for 15-18 minutes until cheese is melted and crust is lightly crisped.