



# Nutrition News

June 2026

## **Raisin' the bar on this budget friendly snack!**

**Raisins are simply dried grapes that are packed with nutrients! One serving (1/4 cup) of raisins contains fiber and tartaric acid. This combination supports gut health by reducing inflammation and improving bowel function. They also contain iron, which helps support energy levels and immune health.**

**Raisins also make getting these nutrients more affordable, at only 15-18 cents per serving.**

**When fruit is dried and water is removed, it has a higher concentration of natural sugar, so portion size matters.**

**Raisins pair well with other nutrient-dense foods like cheese, nuts, and vegetables. They are a naturally sweet addition to savory side dishes like cooked carrots or in a chicken salad!**

### **“Ants on a Log”**

Slice 1 celery stalk in half then fill each half with 1/2 Tbsp peanut butter. Top with 5-6 raisins spread out like ants. Enjoy this sweet, salty, and crunchy snack!



# CHEESY POTATO RICE SKILLET

Prep: 10 min Cook: 25 min Servings:4



## Ingredients:

1 can diced tomatoes, with juice  
1 cup tomato juice  
1-1 ½ cups water or broth  
1 cup, uncooked, long grain rice  
1 can sliced potatoes, drained  
½ cup shredded cheese  
½ tsp garlic powder, onion powder,  
and paprika (optional)  
Salt & Pepper, to taste

## Directions:

1. In a large skillet or pot, add diced tomatoes (with juice), tomato juice, water/broth, and uncooked rice.
2. Add salt, pepper, and extra spices. Bring to a boil.
3. Reduce heat, cover, and simmer for about 15 minutes.
4. Stir in the drained, sliced potatoes. Cover and cook another 5-10 minutes or until rice is tender.
5. Top with cheese and let melt for 2-3 minutes, stirring to make a creamier texture.

## Dietitian Notes:

- Crisp the potatoes in a pan for 5 minutes before stirring them in for more texture.
- Adding chopped onion, peas, or green beans will add more nutrients and color.
- Serve with a bowl of fruit topped with 2 Tbsp vanilla yogurt, if available.