

Cranberry Sauce

16 servings (2 Tablespoons each)
(59 calories, 15 grams carbohydrate & 0 grams fat)

12 oz. (3 cups) fresh or frozen cranberries
1 cup sugar
1 cup water

Combine all ingredients in a heavy sauce-pan. Bring to a boil, then simmer 10 minutes. Allow to cool at room temperature. Refrigerate for storage.

Variations:

- Add ¼ cup raisins while the berries are simmering.
- Add 1 2-inch stick cinnamon, ½ teaspoon whole cloves, 2 Tablespoons lemon juice, and the grated rind of 1 lemon.
- Instead of the 1 cup sugar, use ½ cup sugar and ½ cup maple syrup; add 1 Tablespoon grated orange peel and ¼ cup broken pecan pieces.

Cranberry Chicken

4 servings
(358 calories, 45 grams carbohydrates, 35 grams protein & 4 grams fat per serving)

2 boneless, split chicken breasts, cut up
4 Tablespoons onion soup mix
1 can (16-oz.) cranberry sauce
1½ cups water

Mix soup, cranberries and water. Pour over chicken. Bake uncovered for 1 hour and 10 minutes at 350° F. in a 3-quart casserole or glass baking dish. Serve with buttered noodles, rice or stuffing.

Cranberry Punch

1 can (12 oz.) frozen orange juice concentrate
1 can (16 oz.) frozen lemonade concentrate
2½ cups pineapple juice
1½ quarts water
1 bottle (48 oz.) cranberry juice cocktail

Add water to frozen concentrates as directed on cans. Mix all ingredients well. Serve in punch bowl over crushed ice or ice cubes.



Cranberry-Apple Crisp

8 servings
(360 calories, 4 grams dietary fiber, 66 grams carbohydrate & 15 grams fat per serving)

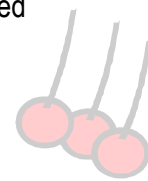
3 cups cranberries
2 cups apples, sliced or diced, unpeeled
¾ cup sugar

Topping:

1½ cups rolled oats, uncooked
1/3 cup flour
1 teaspoon cinnamon
1/3 cup chopped pecans or walnuts (optional)
½ cup margarine or butter

Combine cranberries, apples and ¾ cup sugar in a 9-inch square pan or a 2-quart casserole. Combine topping ingredients and cut in margarine or butter with a fork or pastry blender until the mixture is crumbly. Sprinkle evenly over fruit. Bake at 350° F for 1 hour.

Serving suggestion: Serve warm with ice cream or whipped cream.



Cranberry Relish

16 servings (2 Tablespoons each)
(55 calories, 14 grams carbohydrate & 0 grams fat)

12 oz. fresh or frozen cranberries, ground or chopped
1 apple, ground
1 orange, ground (include some rind)
¾ cup sugar

Mix all ingredients together and let stand in the refrigerator for several hours before serving. The relish can be stored in the refrigerator for 2 to 3 weeks or can be frozen.

Variations:

- Add ½ lemon, ground with peel.
- Add 1 cup crushed pineapple.
- For a molded gelatin relish, add 1-cup cranberry relish to a 3½-ounce package of red, flavored gelatin mixed according to package instructions.

Nutrition Education Program

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