

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)

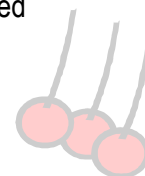
3 cups cranberries
2 cups apples, sliced or diced, unpeeled
¾ cup sugar

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
Dunn County UW-Extension
800 Wilson Avenue, Room 330
Menomonie WI 54751
(715) 232-1636

Family Living Programs • Cooperative Extension • University of Wisconsin-Extension

WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 715-232-7360.

In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

