



# The Cranberry

## ~Not just for the Holidays!

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### Apple Cranberry Sauce

12 oz. fresh cranberries

6 oz. (1/2 can) apple juice concentrate

1 small can mandarin oranges, drained

2 – 4 tablespoons sugar, to taste

Combine all ingredients in a medium saucepan. Bring to a boil. Reduce heat to medium and cook until the cranberries burst, stirring often. Add sugar one tablespoon at a time to avoid over sweetening. Continue to cook until the desired consistency is reached. Can be served warm or chilled.

Yield: 2 cups

Cranberry sauce isn't just for Thanksgiving! It can be enjoyed all year long on any meat, on sandwiches, or as a fruit dip!

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### Spinach Salad

1 (6 oz.) bag baby spinach leaves

1 apple, cored and diced

1/3 cup finely chopped red onion

1/4 cup dried cranberries

Slivered almonds

3 tablespoons low-fat poppy seed dressing

Combine all ingredients except dressing in a bowl. Gently toss with poppy seed dressing just before serving.

Yield: 6 servings

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### Cranberry Bruschetta

1 1/2 cups fresh cranberries

1/4 cup granulated sugar

2 tablespoons red wine vinegar

1/2 medium red onion, thinly sliced into rings

2 garlic cloves, minced

2 teaspoons basil

1 teaspoon oregano

Combine cranberries, sugar and red wine vinegar in a medium saucepan. Bring to a boil. Add onion, garlic, basil, and oregano. Return to a boil and reduce heat. Simmer on low for 10 minutes or until cranberries pop. Pour into a glass bowl. Cool at room temperature. Spoon onto sliced baguette bread or toasted French bread.

Yield: 16 servings

Cranberries are harvested between September and November and it is believed they were on the very first Thanksgiving table.

These tart little beauties are full of vitamin C and beneficial antioxidants.

Choose the red, hard, plumb, and shiny cranberries. Store fresh cranberries in a sealed bag in the fridge for up to 2 months!

## Crispy Granola

(adapted from Iowa State Extension)

2 egg whites

1/3 cup honey

1 teaspoon ground cinnamon

1 teaspoon vanilla

Dash of salt

3 cups uncooked rolled oats, quick or regular

1/2 cup chopped pecans or other nuts

1/2 cup dried cranberries

Preheat oven to 325°F. Spray a large shallow baking pan with non-stick cooking spray; set aside. Put egg whites in large bowl and use a whisk or fork to mix until frothy. Stir in honey, cinnamon, vanilla, and salt. Add oats plus nuts and/or dried fruit, if desired. Stir until oats are coated with egg mixture. Spread oat mixture evenly on prepared baking sheet. Bake about 25 to 30 minutes until golden brown, stirring mixture carefully every 5 or 6 minutes to prevent overbrowning. Remove pan to wire rack and cool completely until crispy and crunchy. Store in airtight container. Freezes well.

Yield: 12 (1/3) cup servings

Need a cheap holiday gift to give? This low-fat granola only costs about 16 cents per serving!

## Baked Sweet Potatoes with Apples and Cranberries

4 large sweet potatoes, peeled and cut into 1 inch chunks

2 medium Granny Smith apples, peeled and diced

3/4 cup dried cranberries

1/2 cup orange juice

Preheat oven to 350°. Place sweet potatoes in a large baking dish. Top with diced apples and dried cranberries. Pour orange juice over all. Cover tightly with lid or foil. Bake for 1 1/2 hours or until sweet potatoes are tender when pierced with a fork.

Yield: 8 servings

## Apple Cranberry Crisp

### Filling:

5 cups thinly sliced peeled apples

1 cup dried cranberries

1 teaspoon sugar

1/2 teaspoon cinnamon

### Topping:

1/2 cup quick-cooking rolled oats

2 tablespoons packed brown sugar

2 tablespoons whole-wheat flour

1/2 teaspoon cinnamon

1 tablespoon butter, melted

Preheat oven to 375° F.

**For filling:** In a 2-quart baking dish, combine apples and cranberries. In a small bowl, stir together sugar and cinnamon. Sprinkle over fruit mixture in baking dish; toss to coat.

**For topping:** In a small bowl, combine oats, brown sugar, flour, and cinnamon. Using a fork, stir in butter until crumbly. Sprinkle oat mixture evenly over apple mixture. Bake for 30 to 35 minutes or until apples are tender. Serve warm.

Yield: 6 servings

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. 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 of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This institution is an equal opportunity provider and employer.

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