

Cranberries

Excellent source of Vitamin C
and good source of fiber



Cranberry Compote

2 ½ cups thinly sliced ripe pears
¼ cup brown sugar
2 T. sugar
2 T. unsalted butter

1 cinnamon stick
3 cups whole cranberries, fresh or frozen, divided
½ cup ginger ale
¼ cup light corn syrup

Heat first 5 ingredients for the compote in a saucepan over medium until sugar dissolves, 2 minutes. Add 2 cups cranberries and ginger ale. Cover and simmer until berries pop and sauce thickens in about 10 minutes. Makes 3 cups.

Honey-Lemon Cranberry Sauce

½ cup honey
½ cup sugar
½ cup lemon juice
¼ cup water

2 sprigs fresh rosemary
Pinch of salt
1 (12 oz.) package fresh cranberries

Boil honey, sugar, lemon juice, water, rosemary, and salt in a saucepan over medium-high heat. Add cranberries and simmer until they burst and sauce thickens. This takes about 8 minutes. Remove rosemary. Chill at least 2 hours before serving. Makes 2 ½ cups.

Fresh Cranberry Orange Relish

1 (12 oz.) package fresh or frozen cranberries, rinsed and drained
1 unpeeled orange, cut into eighths and seeded
¾ cup non-nutritive sweetener

Place half the cranberries and half the orange slices in food processor container. Process until mixture is evenly chopped. Transfer to a bowl. Repeat with the remaining cranberries and orange slices. Stir in sugar. Store in refrigerator or freezer. Makes about 3 cups.

Cranberry Salad

1 (9 oz.) can crushed unsweetened pineapple
1 small package sugar-free cherry gelatin
1 T. lemon juice
Sugar substitute equivalent to ¼ cup sugar
1 cup fresh cranberries, ground

1 small orange, peeled, quartered and ground
1 cup chopped celery
½ cup pecans or other nuts, broken into pieces
(optional)

Drain pineapple and save juice. Set pineapple aside later use. Combine pineapple juice with water to equal 2 cups liquid. Prepare gelatin according to package label using juice-water mixture for the liquid. Once gelatin is dissolved, stir in lemon juice. Chill until partially set. 8 Servings

Seven-Layer Cranberry Ambrosia

1 ½ cups sugar
1 cup hot water
1 cinnamon stick
4 T. chopped fresh mint, divided
1 (12 oz.) package fresh or frozen cranberries
3 bananas, peeled and sliced
5 red grapefruit, broken into segments and drained

1 pineapple, peeled, cored, and cut into chunks
1 ½ cups sour cream
½ cup packaged brown sugar
2 tsp. vanilla
2 2/1 cups mini marshmallows
1 cup shredded coconut, toasted
¾ cup chopped pistachios or pecans, toasted

Boil sugar, water, cinnamon stick, and 2 T. mint in a saucepan over medium-high heat, stirring until sugar dissolves. Add cranberries; simmer until berries burst and sauce thickens, about 8 minutes. Let sauce cool to room temperature, 20 minutes, stir in remaining mint, and transfer to a 3-quart trifle dish. Layer banana, grapefruit, and pineapple on cranberry sauce. Whisk together sour cream, brown sugar, and vanilla in a bowl. Fold in marshmallows. Top ambrosia with sour cream mixture spread to edges of bowl, cover and chill 2-24 hours. Sprinkle coconut and nuts over top and serve. Makes 12 servings.

Cranberry Fruit Tea

2 quarts water
1 cup sugar
¼ cup lemon juice

½ quart apple juice
1 quart cranberry juice
2 cups orange juice

2 cups strong tea

Boil water and sugar into a medium syrup. Mix all ingredients and chill. Makes 16 (8 oz) glasses.

Cranberry Vinaigrette

½ cup fresh cranberries
2/3 cup tangerine juice
1/3 cup tarragon vinegar
2 T. Dijon mustard

2 T. onion, minced
¼ tsp salt
½ tsp pepper
½ cup olive oil

Bring berries and juice to a boil over medium-high heat. Boil 5 minutes. Drain, reserving juice. Set cranberries aside. Return juice to pan and boil 5 minutes. Process juice, vinegar, and next 4 ingredients in blender until blended. With blender running slow, add oil in a slow steady stream. Stir in cranberries. Makes 1 ½ cups.

No-Cook Cranberry Salsa

1 navel orange, quartered
1 (12 oz.) bag fresh cranberries
1 ½ cups fresh diced pineapple
1 ½ cups peeled and diced jicama

1 cup chopped and toasted pecans or walnuts
¾ cup sugar
1/3 cup chopped fresh mint

Puree orange with rind in a food processor; transfer to a large bowl. Pulse cranberries in a food processor until coarsely chopped. Stir the cranberries and remaining ingredients into the orange puree. Served chilled or at room temperature. Makes 6 cups.

Cranberry Balsamic Chicken

1 T. olive oil
1 lb. skin-on, bone-in chicken thighs
2 T. butter
½ cup fresh cranberries
1/3 cup balsamic vinegar

2 cloves garlic, minced
6 sprigs rosemary
2 tsp. thyme leaves
1 tbsp. brown sugar
Zest of 1 orange

Preheat oven to 325° F. In a large ovenproof skillet over medium high heat, heat olive oil. Add chicken skin side-down and cook until the skin is golden and crispy, about 4 minutes. Remove chicken from heat and place on plate, skin side-up. Melt butter in the same skillet then add cranberries, vinegar, garlic, brown sugar, and orange zest. Return chicken to skillet and scatter herbs all around. Simmer until the liquid begins to thicken and the cranberries start to soften, 5 to 10 minutes. Transfer to oven and cook until the chicken thighs are cooked through, 18 to 25 minutes more. Makes 6 servings.