

# Cranberries

Provide Color, Flavor and Fun!



## Nutrition Tips:

- One cup of cranberries has 50 calories and 5 grams of fiber.
- Cranberries are rich in vitamin C, tannins and full of antioxidants.

## How to Pick and Prepare:

- Choose cranberries that are red, shiny and free of blemishes.
- They should be plump and firm to the touch.
- Avoid shriveled or brown berries.
- Fresh can be refrigerated for up to 1 month in a sealed container.
- When preparing cranberries, only cook until they “pop” as overcooking can cause them to become bitter.
- Refrigerate cooked cranberries for a few days or freeze up to 6 months.

## How to Increase Consumption:

- Add cranberries to breads, muffins and pancakes.
- Add dried cranberries to your favorite trail mix or eat plain.
- Enjoy a glass of 100% cranberry juice.
- Experiment with adding cranberries to meat or poultry dishes.
- Add dried cranberries to salads.



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# Cranberry Recipes

## Elegant Cranberry Sauce

Serves 8 (about ¼ cup each)

### Ingredients:

- 12 oz. pkg. whole cranberries
- 1½ cups sugar
- 2 tsp. grated orange peel
- ¼ cup chopped pecans
- ¼ cup water

### Directions:

Preheat oven to 350 degrees; spray a 1½ quart baking pan with cooking spray. In a bowl, combine all ingredients well. Pour into baking dish, cover and bake for 20 minutes. Uncover; stir and bake an additional 30 minutes or until cranberries pop and mixture is slightly thickened. Serve warm or cold. Per Serving: 190 calories, 2.5 g fat, 1 g protein, 44 g carbohydrate, 2 g fiber, 0 mg sodium

**\*\*This recipe is a Foot Steps to Health recipe and 500 Club approved. \*\***

## Red Cabbage, Cranberry, and Apple Slaw

Serves 8 (1 cup)

### Ingredients:

- 5 cups thinly sliced red cabbage (about 1 1/2 pounds)
- 1/2 cup dried cranberries
- 1/3 cup rice vinegar
- 1/3 cup sugar
- 2 tablespoons white wine vinegar
- 2 teaspoons olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 1/4 cups thinly sliced Granny Smith apple
- 1/4 cup chopped pecans, toasted

### Directions:

Combine cabbage and cranberries in a large bowl. Combine vinegar and next 5 ingredients (vinegar through pepper), stirring with a whisk; drizzle over cabbage mixture, tossing gently to coat. Cover and chill 2 hours. Add apple, and toss well to combine. Sprinkle with pecans.

Calories 131, Fat 4, Carbohydrate 23.6g, Sodium 236mg, Protein 1.7g

Recipe from Cooking Light

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>