



Healthy Ways to Eat Cranberries



Dried fruit is high in sugar, so consider serving size:
¼ cup of cranberries = 1 serving of fruit

1. Mix into some cooked oatmeal with a pinch of cinnamon.
2. Make your own trail mix! Combine ½ cup cranberries, ½ nuts (such as peanuts, cashews, sunflower seeds, almonds, walnuts or pecans), 1 cup crunchy grains (such as granola, whole grain cereal, bran or corn flakes, or pretzels). Enjoy as a healthy snack on the go!
3. Make your own granola.* Serve on top of plain, nonfat yogurt to make a parfait.

Ingredients:

4 Tablespoons honey or maple syrup	2 Tablespoons oil
½ teaspoon cinnamon	2 cups oats
4 Tablespoons sliced or chopped nuts (optional)	Non-stick cooking spray
½ cup dried fruit (raisins, cranberries, apricots, dates, prunes)	

Directions:

1. Preheat oven to 350° F. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
2. Add oats and nuts (if using). Stir until well-coated with honey mixture.
3. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
4. Bake until lightly browned, about 10-15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven and let cool completely.
5. Transfer cooled granola to a medium bowl. Stir in dried fruit.

4. Make Cranberry and Carrot Coleslaw*. Serve as a side dish or sandwich topper.

Ingredients:

4 cups chopped or shredded cabbage	3 medium carrots, shredded
½ cup cranberries	3 tablespoons vinegar (like apple cider vinegar)
¼ cup oil	1 Tablespoon sugar
¼ teaspoon pepper	¼ teaspoon salt (optional)

Directions:

1. In a large bowl toss cabbage, carrots and cranberries.
2. In a small bowl, whisk together oil, sugar, vinegar, salt and pepper.
3. Pour liquid over the cabbage/carrot mix and toss to coat.

5. Make Cranberry Chicken Salad. Serve on whole wheat bread or a bed of greens!

Ingredients:

2 (5-oz.) cans chicken, drained	½ teaspoon salt
½ cup dried cranberries	¼ teaspoon pepper
¼ cup finely chopped onion	¼ cup low fat mayo or nonfat yogurt (or a mix)
¼ cup chopped celery	¼ cup chopped walnuts (optional)

Directions:

1. In a bowl, combine chicken, cranberries, onion, celery, salt, pepper and walnuts (if using).
2. Stir in the mayo or yogurt.

6. Make Maple Roasted Sweet Potatoes with Cranberries*

Ingredients:

1 Tablespoon oil	1 Tablespoon butter or canola oil
¼ teaspoon salt	1 ½ tablespoons maple syrup or brown sugar
2 large sweet potatoes, diced in 1" pieces	¼ cup dried cranberries
¼ teaspoon black pepper	¼ cup walnuts (optional)
½ teaspoon dried sage or cinnamon (optional)	

Directions:

1. Preheat oven to 375° F.
2. In a large bowl, add potatoes. Toss with oil, salt, pepper and sage/cinnamon (if using).
3. Spread evenly on a baking sheet. Roast, stirring once, until fork tender, 25-35 minutes.
4. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook, stirring constantly, until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
5. Gently toss cooked potatoes with cranberry mixture and serve warm.

7. Make Chicken with Apples and Cranberries.***Ingredients:**

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| 1 large onion | 2 large carrots |
| 2 medium apples | 1 teaspoon ground cinnamon |
| 1 teaspoon ground coriander (optional) | 1 teaspoon ground cumin |
| ½ teaspoon salt, divided | ¼ teaspoon ground black pepper |
| 5 pounds bone-in chicken pieces | 2 Tablespoons oil, divided |
| 1 (15-ounce) can low-sodium chicken stock | ¾ cup cranberries |

Directions:

1. Peel, rinse, and dice onion and carrots. Rinse and dice apples
2. In a small bowl, mix cinnamon, coriander, cumin, ¼ teaspoon salt, and pepper.
3. Pat chicken dry with paper towel. Remove skin. If using whole chicken legs, separate the thigh and drumstick. If using bone-in chicken breasts, cut in half on the diagonal so pieces are almost even. Rub chicken pieces with spice mixture.
4. In a large skillet over medium heat, heat 1 Tablespoon oil. Add onion, carrots, and apples. Cook, stirring occasionally, until starting to brown, about 15 minutes. Transfer to a medium bowl.
5. Add remaining 1 Tablespoon oil to skillet. Brown chicken in 2 batches, 2-4 minutes per side. Return all chicken pieces to skillet and add broth. Bring to a simmer. Cook, turning occasionally, until chicken reaches an internal temperature of 165° F, about 15-25 minutes depending on size of the pieces. Transfer cooked chicken to a clean plate.
6. Add cranberries, vegetables, and remaining ¼ teaspoon salt to skillet. Bring to a simmer and cook until liquid is almost gone, 5-10 minutes more. Serve over cooked chicken. If using, top with nuts and herbs.

8. Make Brown Rice & Orange Salad.* **Store in the refrigerator and eat throughout the week!****Ingredients:**

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| 2 cups cooked brown rice | 2 Tablespoons mandarin orange juice |
| 1 cup mandarin oranges, drained (save juice) | 1 Tablespoon oil |
| ¼ cup finely chopped onion | 1 Tablespoon vinegar |
| 1 (15-oz.) can beans (any kind), drained & rinsed | ¼ teaspoon ground black pepper |
| 1 cup dried cranberries | ½ teaspoon salt |

Directions:

1. In a large bowl, mix together rice, mandarin oranges, drained beans, onion and cranberries.
2. In a small bowl, whisk together mandarin orange juice, oil, vinegar, salt and pepper.
3. Pour dressing over the salad, Mix well. Let rest at room temperature for flavors to combine.

9. Make Peanut Butter Energy Bites. **Eat for breakfast, dessert, or an on-the-go snack!****Ingredients:**

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| 1 ¾ cup oats | ¾ cup peanut butter |
| 1/3 cup honey or maple syrup | 1/3 cup cranberries |

Directions:

1. In a medium mixing bowl, stir together all the ingredients.
2. If the dough is sticky, refrigerate for 2-3 hours or pop it in the freezer for 30 minutes to firm it up.
3. Form the dough into about 24 tablespoon-sized balls and refrigerate for about an hour before enjoying.

