Maple Roasted Sweet Potatoes with Cranberries*

Ingredients:
- 1 tbsp oil
- 1/4 tsp salt
- 2 large sweet potatoes, diced in 1 inch pieces
- 1/4 tsp black pepper
- 1/2 tsp dried sage or cinnamon (optional)
- 1 tbsp butter or canola oil
- 1 1/2 tbsp maple syrup
- 1/4 cup dried cranberries
- 1/4 cup walnuts (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).
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.

HEALTHY WAYS
CRANBERRIES

Tips!
Mix into some cooked oatmeal with a pinch of cinnamon
Make your own trail mix! Combine 1/2 cup cranberries, 1/2 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!

RECIPES

Granola

Ingredients:
- 4 tbsp honey or maple syrup
- 1/2 tsp cinnamon
- 4 tbsp sliced or chopped nuts (optional)
- 1/2 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.
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.

Cranberry and Carrot Coleslaw

Ingredients:
- 4 cups chopped or shredded cabbage
- 1/2 cup cranberries
- 3 tbsp vinegar (like apple cider vinegar)
- 1/4 cup oil
- 1/4 tsp pepper

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.

*Recipe from Share Our Strength Cooking Matters

Find more online at: www.gcfb.org/recipes_resources
MAKE IT A MEAL:
RECIPES

Cranberry Chicken Salad

Ingredients:
- 2 (5oz) cans chicken, drained
- 1/2 cup dried cranberries
- 1/4 cup finely chopped onion
- 1/4 cup chopped celery

1/2 tsp salt
1/4 tsp pepper
1/4 cup low fat mayo or non fat yogurt
1/4 cup chopped walnuts (optional)

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

Applesauce Meatloaf

Ingredients:
- 1 large onion
- 2 medium carrots
- 2 medium apples
- 1 tsp ground cinammon
- 1 tsp ground cumin
- 1/2 tsp salt, divided
- 1/4 tsp ground pepper
- 5 lbs bone-in chicken pieces
- 1 (15oz) can low-sodium chicken stock or water
- 2 tbsp oil, divided
- 1/4 cup cranberries

Directions:
1. Peel, rinse, and dice onion and carrots. Rinse and dice apples.
2. In a small bowl, mix cinnamon, coriander, cumin, 1/4 tsp 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 tbsp 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 tbsp oil to skillet. Brown chicken in 2 batches, 2-4 minutes for side. Return all chicken pieces to skillet and add broth. Bring to a simmer. Cook, turning occasionally, until chicken reaches an internal temperature of 165F, about 15-25 minutes depending on size of pieces. Transfer cooked chicken to a clean plate.
6. Add cranberries, vegetables, and remaining 1/4 tsp 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.

Peanut Butter Energy Bites

Ingredients:
- 1 3/4 cup oats
- 1/3 cup honey or maple syrup
- 3/4 cup peanut butter
- 1 cup cranberries

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

Brown Rice & Orange Salad

Ingredients:
- 2 cups cooked brown rice
- 1 cup mandarin oranges, drained (save juice)
- 1/4 cup finely chopped onion
- 1 (15oz) can beans, drained & rinsed
- 1 cup dried cranberries
- 2 tbsp mandarin orange juice
- 1 tbsp oil
- 1 tbsp vinegar
- 1/4 tsp black pepper
- 1/2 tsp 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 and mix well. Let rest at room temperature for flavors to combine.