



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	2 tbsp oil
1/2 tsp cinnamon	2 cups oats
4 tbsp sliced or chopped nuts (optional)	Non-stick cooking spray
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.
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.

Cranberry and Carrot Coleslaw

Ingredients:

4 cups chopped or shredded cabbage	3 medium carrots, shredded
1/2 cup cranberries	3 tbsp vinegar (like apple cider vinegar)
1/4 cup oil	1 tbsp sugar
1/4 tsp pepper	1/4 tsp 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.

Maple Roasted Sweet Potatoes with Cranberries*

Ingredients:

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

*Recipe from Share Our Strength Cooking Matters



MAKE IT A MEAL: RECIPES



Cranberry Chicken Salad

Ingredients:

2 (5oz) cans chicken, drained	1/2 tsp salt
1/2 cup dried cranberries	1/4 tsp pepper
1/4 cup finely chopped onion	1/4 cup low fat mayo or non fat yogurt
1/4 cup chopped celery	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 large carrots
2 medium apples	1 tsp ground cinnamon
1 tsp ground coriander (optional)	1 tsp ground cumin
1/2 tsp salt, divided	1/4 tsp ground pepper
5 lbs bone-in chicken pieces	2 tbsp oil, divided
1 (15oz) can low-sodium chicken stock or water	3/4 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	3/4 cup peanut butter
1/3 cup honey or maple syrup	1/3 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	2 tbsp mandarin orange juice
1 cup mandarin oranges, drained (save juice)	1 tbsp oil
1/4 cup finely chopped onion	1 tbsp vinegar
1 (15oz) can beans, drained & rinsed	1/4 tsp black pepper
1 cup dried cranberries	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.