



# Healthy Ways to Eat Cranberry Sauce



1. Mix a spoonful into some cooked oatmeal with a pinch of cinnamon.
2. Mix into plain, nonfat yogurt. Top with granola or whole grain cereal to make a parfait.
3. Use as a condiment on your turkey sandwich or grilled cheese:  
{ $\frac{1}{2}$  cup cranberry sauce + 1  $\frac{1}{2}$  Tablespoons of Dijon mustard + 1 Tablespoon of brown sugar}
4. Serve on top of whole wheat crackers with a slice of low-fat cheese.
5. Make Cranberry Pancakes by adding a  $\frac{1}{2}$  cup of cranberry sauce to your batter.
6. Make Cranberry Oat Muffins for a heart-healthy breakfast on the go.

#### Ingredients:

1 $\frac{1}{2}$ cups flour ( $\frac{3}{4}$ all-purpose, $\frac{3}{4}$ whole wheat)	1 cup oats
$\frac{1}{2}$ cup brown sugar	1 tablespoon baking powder
$\frac{1}{2}$ teaspoon baking soda	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon cinnamon	1 $\frac{1}{2}$ cups cranberry sauce
$\frac{1}{2}$ cup milk	$\frac{1}{3}$ cup oil
1 egg	

#### Directions:

1. Preheat oven to 400°F. Grease a 12-cup muffin pan.
2. In a large bowl, mix together flour, oats, brown sugar, baking powder, baking soda, salt and cinnamon.
3. In a medium bowl, whisk together cranberry sauce, milk, oil and egg.
4. Pour wet mixture into dry mixture and stir just until blended. Divide the batter evenly into muffin cups.
5. Bake for about 20 minutes or until a toothpick inserted into the middle comes out dry.

7. Make Cranberry Glazed Carrots for a sweet & tangy side dish.

#### Ingredients:

1 (14.5-oz.) can carrots, drained & rinsed	2 Tablespoons brown sugar
4 Tablespoons cranberry sauce	1 Tablespoon orange juice
1 Tablespoon butter	

#### Directions:

1. In a microwave safe bowl, melt butter. Add cranberry sauce, sugar, and orange juice, whisking to break up the cranberry sauce. Microwave for 1-2 minute or until mixture starts to bubble.
2. Add carrots to bowl and stir. Cook for 1 more minute or until heated through. Serve warm.

8. Make a sweet and tangy Salad Dressing. Serve with a green salad or over pasta salad!

#### Ingredients:

$\frac{1}{2}$ cup cranberry sauce	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup vinegar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup oil	$\frac{1}{4}$ tsp garlic powder (optional)

#### Directions:

1. Place all ingredients in a bowl and whisk to combine. Store in the refrigerator for 7-10 days.

9. Make Cranberry Glazed Chicken & Sweet Potatoes

#### Ingredients:

2 medium sweet potatoes, sliced into $\frac{1}{2}$ -inch pieces	4 chicken breasts or thighs, skins removed
$\frac{1}{2}$ cup cranberry sauce	1 Tablespoon butter or oil
$\frac{1}{4}$ cup orange juice	2 Tablespoons brown sugar
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon garlic powder (optional)
$\frac{1}{4}$ teaspoon pepper	1 teaspoon dried rosemary or thyme (optional)

**Directions:**

1. Preheat oven to 400° F. Place potatoes evenly in a 13 x 9-inch baking dish. Place chicken on top.
2. In a saucepan over medium-high heat, combine remaining ingredients. Bring to a boil, stirring constantly. Remove from heat and pour mixture over chicken and potatoes.
3. Bake uncovered for 25-35 minutes or until chicken is cooked and potatoes are tender. Allow more time for bone-in chicken. If chicken browns too much before potatoes are tender, cover with foil.

**10. Make Cranberry Chicken Salad. Serve on top of whole grain bread or a bed of greens!**

**Ingredients:**

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|--|----------------------------|
| 2 (10-oz.) cans of chicken, drained & flaked | ½ cup chopped celery       |
| ¼ cup low-fat yogurt or mayo (or a mix)      | ¼ cup onion finely chopped |
| ¼ cup cranberry sauce                        | ½ teaspoon salt            |
| ½ cup dried cranberries (optional)           | ¼ teaspoon black pepper    |

**Directions:**

1. Combine cranberry sauce and yogurt/mayo together in a bowl. Mix well.
2. Add the other ingredients; stir until cranberry mayo is evenly distributed. Refrigerate leftovers.

**11. Make Cranberry Citrus-Glazed Pork Roast.**

**Ingredients:**

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|-----------------------------|--|
| 1 2 ½ - 3 ½ pound pork loin | 1 (14-oz.) can cranberry sauce                 |
| 1/3 cup orange juice        | ½ teaspoon orange zest (optional)              |
| ½ teaspoon salt             | ½ teaspoon garlic powder (optional)            |
| ¼ teaspoon pepper           | ½ teaspoon dried sage or other herb (optional) |

**Directions:**

1. Preheat oven to 350° F.
2. Combine cranberry sauce, orange juice, orange zest and sage in a medium saucepan. Bring mixture to a boil over medium-high heat. Reduce and simmer uncovered for 5 minutes. Set aside 1 cup of glaze to serve with the cooked pork.
3. Place pork in a 13 x 9-inch roasting pan. Season with salt and pepper and coat with cranberry glaze.
4. Bake uncovered for 1 hour or until internal temperature reaches 160° F. Baste frequently during baking. Let roast stand 10 minutes before serving warm, with additional glaze on the side.

**12. Make BBQ Chickpea Cranberry Wraps. Use any beans you have on hand!**

**Ingredients:**

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|-----------------------------------|----------------------------------|
| 2 whole wheat wraps               | 1 tomato, diced                  |
| 1 can chickpeas, drained & rinsed | 4 Tablespoon mayo                |
| ¾ cup BBQ sauce                   | 3 Tablespoon cranberry sauce     |
| ½ cup onion, diced                | 1 cup chopped lettuce or spinach |

**Directions:**

1. In a microwave safe bowl, mix chickpeas and BBQ sauce. Microwave for 1-2 minutes.
2. Warm wraps by placing in the microwave for 10 seconds. Spread each wrap with 2 Tablespoons of mayo and 1 ½ Tablespoon of cranberry sauce. Add ¾ cup of the chickpeas to the wrap.
3. Top with onions, tomato and lettuce. Roll up the wrap, slice, and serve.

**13. Make Cranberry Apple Crisp. This guilt-free dessert is quick to make & sure to impress.**

**Ingredients:**

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|--|----------------------------|
| 1 ¼ cups cranberry sauce                   | 5 medium apples, chopped   |
| 1 ½ cup oats                               | ½ cup whole wheat flour    |
| ½ cup brown sugar                          | ½ cup brown sugar          |
| 4 Tablespoons cold butter, cut into pieces | ½ teaspoon ground cinnamon |

**Directions:**

1. Preheat oven to 350° F. Grease a 9x9-inch baking dish.
2. In a large bowl, toss together apples with cranberry sauce. Pour into baking dish.
3. In a small bowl, mix oats, flour, brown sugar and cinnamon. Work the butter into this mixture with your fingers until combined. Sprinkle the oat mixture over the fruit.
4. Bake uncovered for 40 minutes or until top is browned or bubbly.

