

CRAVIN' CRANBERRIES

HARVESTING SEASON

September to November

BUYING TIPS

- Look for plump, firm berries with a deep red color.
- Different varieties of cranberries may look somewhat different, but all should be red.

STORAGE

Cranberries can be frozen for up to nine months. Just seal in plastic and pop them in your freezer -- rinse thoroughly before you use them, either before or after freezing.

PREPARATION

When ready to use, do not thaw frozen cranberries. Rinse and follow recipe directions using frozen berries.

To prepare cranberries for cooking, sort out and discard bruised berries, then rinse in cold water. Cranberries can be added to muffins, quick breads, stuffings and other baked goods or made into sauce.

KEY NUTRIENTS

- A great source of “antioxidants” which help prevent disease.
- Fiber to help prevent constipation.
- Potassium to maintain normal blood pressure.
- Vitamin C for healthy gums, skin and blood.



RECIPES

Cranberry Muffins

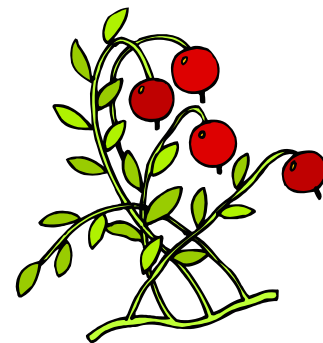
2 cups all-purpose flour
1¼ cups sugar
1½ teaspoons baking powder
1 teaspoon salt
½ teaspoon baking soda
¼ cup vegetable oil
1 egg, well-beaten
¾ cup orange juice
1½ to 2 cups whole or halved cranberries
1 teaspoon vanilla

Sift flour, sugar, baking powder, salt and baking soda into a large bowl. Mix in oil. Add egg and orange juice; stir until evenly moist. Fold in cranberries. Spoon batter into prepared muffin cups, 2/3 full. Bake at 350°F for 25 to 30 minutes until golden brown. Makes 15 muffins; 155 Cal; 3.5 g fat.

Cranberry Apple Pie

3 cups fresh or frozen cranberries
6 medium apples, cored, peeled and sliced
¾ cup sugar
2 tablespoons cornstarch
1 teaspoon pumpkin pie spice
½ cup orange juice
Pastry for a two crust pie

Preheat oven to 425°F. Sort and wash cranberries. Put sugar, orange juice, spice and cornstarch in a saucepan. Stir to dissolve cornstarch. Add cranberries. Bring to a boil and cook over low heat until thickened and cranberries have popped. Fold in apples and pour into pastry. Cover, seal edges and make slits in the top. Bake 35 - 40 minutes. Serves 8; 375 Cal; 14 g fat.



Cranberry-apple maple crisp

2 tablespoons sugar
2 tablespoons flour
3 cups peeled, sliced apples
3 cups (12 oz bag) cranberries
½ cup maple-flavored syrup
½ cup quick-cooking rolled oats
⅓ cup packed brown sugar
¼ cup all-purpose flour
½ teaspoon ground cinnamon
3 tablespoons margarine

Preheat oven to 350°F. Stir the 2 Tbsp sugar and 2 Tbsp flour into a large bowl. Add fruit, tossing to coat. Transfer fruit mixture to a 2-qt. baking dish. Drizzle maple syrup over fruit mixture. In a bowl, combine oats, brown sugar, ¼ cup flour, and cinnamon. Cut in margarine until crumbly. Sprinkle over fruit mixture. Bake uncovered for 45 minutes (or until apples are tender). Cool on rack for 30 minutes. Makes 9 servings; 205 Cal; 6 g fat.

Cranberry scones

3 cups flour
1 tablespoon baking powder
¾ tsp baking soda
14 tablespoons margarine
3 cups whole cranberries (1 12 oz bag)
1 cups sugar
⅓ cup skim milk + ¼ teaspoon vinegar

Preheat oven to 400°F. Add the vinegar to the skim milk and set aside. In a mixing bowl, combine the flour, baking powder and soda. Cut the margarine into the flour mixture with knives until crumbly. Wash and pat the cranberries dry and then coarsely chop. Stir the cranberries and sugar into the flour mixture. Stir in milk just until ingredients are moistened (the mixture will be dry). On a floured surface, work the dough into a ball.



Shape the dough into two 8 by 1-½ inch rolls of dough. Cut the dough into wedges and place on a slightly greased baking sheet. Bake 20 - 25 minutes or until tops are lightly browned. Makes 16 servings; 210 Cal; 7.5 g fat.

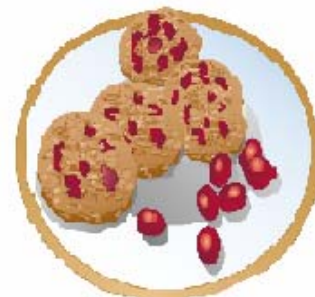
Cranberry relish

3 cups (12 oz bag) cranberries
2 apples, cored
1 orange
¼ of orange peel
½ cup sugar

Combine first 4 ingredients into food processor and chop. Mix in sugar. Let stand in refrigerator for several hours. Makes 7 servings; 95 Cal; 0.5 g fat.

Oatmeal cranberry cookies

⅓ cup margarine
¾ cup brown sugar
1 egg
¼ cup buttermilk or soured milk (add ¼ tsp vinegar to ¼ cup milk)
1 cup flour
½ tsp baking soda
½ tsp baking powder
½ tsp cinnamon
¼ tsp nutmeg
½ tsp salt
1 ½ cups rolled oats
1 ½ cups chopped cranberries (12 oz bag)
½ cup chocolate chips
½ tsp vanilla extract



Cream together margarine, sugar, and egg until fluffy. Stir in milk. Sift dry ingredients and stir into creamed mixture. Stir in oats, cranberries, chocolate chips, and vanilla one at a time. Spoon onto greased cookie sheets. Bake at 400°F for 10 - 14 minutes. Makes 3 ½ dozen cookies; 65 Cal; 2 g fat.