

CRANBERRIES



Cranberries are in season from September through November.

Tips for selecting cranberries

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 kept in the refrigerator for several weeks and can be frozen for up to nine months. To freeze, seal the cranberries in plastic and place them in your freezer. Rinse cranberries thoroughly before use, either before or after freezing.

Preparation

Sort and discard bruised cranberries, then rinse in cold water. Do not thaw frozen cranberries before use; simply rinse the frozen berries and follow recipe directions. Cranberries can be added to muffins, quick breads, stuffing, and other baked goods or made into sauce.

Key nutrients

- 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 and stir until evenly moist. Fold in cranberries. Spoon batter into prepared muffin cups until each cup is ¾ 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 to 40 minutes. Serves 8; 375 Cal; 14 g fat.



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