

Fresh Cranberry Sauce

Ingredients:

- 1 12-ounce bag fresh cranberries
- 1 tart apple like Granny Smith
- 1 orange
- 1/2 cup honey
- 1 cup of water
- 1 cinnamon stick
- 3 whole cloves (optional)

Equipment:

- Medium saucepan
- Knife and cutting board
- Grater

- Number of Servings: 12
- Prep Time: 10minutes
- Total time: 1 hour

Directions

1. Rinse cranberries and place in saucepan. Wash and chop apple into small pieces and add.
2. Wash and dry the orange. With the finest side of the grater, rub off the outermost layer of the orange. Only remove the orange color and not the white pulp underneath. This is called zest. Add to saucepan.
3. Squeeze juice from orange and add to saucepan.
4. Add honey, water, cinnamon stick and whole cloves. Bring to a boil and then reduce heat to medium. Cook for 30-40 minutes. Watch the pot carefully. As the sauce thickens, turn the heat down. The longer you cook the thicker it will get.
5. Do not over cook at the end or it will burn! Keep a close watch at the end. Let the sauce cool before serving.
6. Sauce can be cooked in advance and refrigerated for 2 days.

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Nutrition Facts

| Serving Size: 1/4 cup | |
|-------------------------------|---------------------|
| Servings: 12 | |
| Amount Per Serving | |
| Calories 62 | Calories from Fat 0 |
| %Daily Value* | |
| Total Fat trace | 0% |
| Saturated Fat 0g | 2% |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 1% |
| Potassium 38mg | 3% |
| Total Carbohydrate 17g | 3% |
| Dietary Fiber 1g | 1% |
| Protein 1g | 3% |
| Vitamin A 0% | Vitamin C 7% |
| Iron 1% | Calcium 0% |

*Percent Daily Values are based on a 2,000 calorie diet.

TIP: Cranberries are available from October to December. They are rich in phyto-nutrients that have many positive health benefits. So forget the canned cranberry sauce. Try making your own!

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.