CRANBERRIES

Fun Fact
Cranberries are one of only three major fruits that are native to North America. Did you know that this small berry was most often used by Native Americans for its ability to draw poison from arrow wounds?

Health Benefits
Cranberries are a great source of vitamin C and rich in fiber. Including cranberries in your low-fat diet along with a colorful variety of fruits and vegetables may help you control high blood pressure, slow some effects of aging, and help to lower your risk of heart disease and some cancers.

Selection
Good, ripe cranberries will bounce, which is why they are nicknamed “bounceberries.” They should be shiny and plump and range in color from bright, light red to dark red. Shriveled or soft berries or those with brown spots should be avoided.

Storage
Store fresh cranberries in a tightly-sealed plastic bag in the refrigerator. Be sure to keep an eye on them, because if one starts getting soft and begins to decay, the others will quickly turn bad also. If you plan to store fresh cranberries for more than a few days, be sure to sort out the soft ones first. Cranberries are a hearty little fruit and can be stored in the refrigerator for up to 2 months. Also, you can enjoy cranberries year round if you store them in an airtight bag in the freezer.

Preparation Ideas
Cranberries are usually too tart to be eaten raw, so most cranberries are cooked before they are served. If you are using frozen cranberries, do not thaw them before cooking, otherwise the fruit will break down and become mushy. Cranberries make great sauces and relishes, and also are yummy in baked goods.

Featured Cranberry Recipe: Cranberry Apple Crisp

Ingredients
5 cups thinly sliced apples (about 6 medium apples)
1 1/2 cups fresh or frozen cranberries
1/2 cup sugar
1/4 cup all-purpose flour
1/2 cup brown sugar
1 teaspoon cinnamon
1/4 cup butter

Preparation
Preheat oven to 375˚ F.
Lightly grease a 9-inch square baking pan with nonstick cooking spray.
Layer apples and cranberries in pan sprinkling with sugar as you layer.
Topping: mix flour, brown sugar, and cinnamon. Work in butter until light and crumbly.
Sprinkle topping evenly over apples and cranberries.
Bake 45 minutes or until apples are tender.
Makes 9 servings

nutrition information per serving
Calories 210, Carbohydrate 39g, Protein 1g, Total Fat 6g, Saturated Fat 2g, Cholesterol 15mg, Sodium 64mg, Dietary Fiber 3g

Recipe courtesy of the National 5 a Day Program.