

SENIOR NUTRITION NEWS

Eat Smart Idaho

November 2018

Pass the cranberries, please!

It is getting close to Thanksgiving and no Thanksgiving feast is complete without cranberry sauce!



Did you know:

- Cranberries are nutrient dense providing vitamins, minerals, phytonutrients, and fiber.
- One cup of raw cranberries have about 50 calories and are naturally fat free.
- Research suggests cranberries may help protect against conditions like heart disease, cancer, peptic ulcers, and bladder infections.



Cranberry Ideas

- **Cranberry Ice!** Put cranberries in the bottom of a bunt pan, add water and freeze. The result? A decorative floating ice ring to spice up any holiday punch.
- **Make Your Own Mix.** Save some money and create your own trail mix. Combine dried cranberries, grains, nuts, and maybe even a little dark chocolate ... the possibilities are endless!
- **Healthy Snack.** Cranberries are just one of many healthy snacks. Snacks should be as nutritious as meals and include fruits and vegetables.
- **A Hearty Handful.** Toss a little extra flavor and texture atop your oatmeal or cold cereal in the morning, or grab a handful of cranberries for a quick snack!
- **Cranberries and Cookies!** Add dried cranberries to your favorite cookie recipe for a quick holiday makeover.
- **Cran-Apple Pie.** Surprise your taste buds and toss a handful of fresh or dried cranberries into your apple pie recipe before adding the top crust.

Sweet Cranberry Sauce

Serves: 6

Ingredients:

1 cup cranberries	¼ cup dried chopped apricots
¼ cup orange juice	¼ golden raisins
¼ cup water	¾ tsp grated orange zest
3 Tbsp sugar	

Directions:

Wash your fresh cranberries in a colander, and remove any stems or leaves. If you are using frozen cranberries let them defrost beforehand.



In a large saucepan over medium heat, mix the orange juice, water, cranberries, sugar, apricots, raisins, and orange zest. Stir constantly until sugar has dissolved, about 5 minutes.

Bring to a boil, and cook 10 minutes, or until cranberries have burst.

Remove from heat, and chill at least 8 hours, or overnight, before serving cold.

Sources: <https://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-cranberries>; <http://www.cranberryinstitute.org/>; <http://allrecipes.com/> retrieved 10/31/18

Ask For the Nutrition Advisor In Your County:

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North Central (Clearwater, Idaho, Latah, Lewis, & Nez Perce): (208) 883-2267



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