FOOD HERO
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Give Your Family More of the Good Stuff!

OSU Oregon State University Extension Service

Cranberry Basics

Shop and Save

- Look for cranberries that range in color from light to dark red and are plump, glossy, and firm. White berries mixed in with the red do not need to be discarded. They are mature and have a milder flavor.
- Avoid berries that are shriveled, soft or decaying.
- Fresh cranberries are available from October through early January.
- Dried cranberries are often available in bulk food sections. They might be less expensive and you can buy small amounts.
- Frozen cranberries are available all year. Or buy fresh cranberries when they are in season and freeze your own.

Cranberries are a good source of vitamin C.

Types of Cranberries

Fresh cranberries are bland but tart. They are generally added to recipes, not eaten alone. They are also available as frozen berries.

- **Red cranberries** – deep red color is desirable; tartness develops as the color deepens.
- **White cranberries** – harvested for juice rather than sold fresh.

Cranberry products that are available all year include: **cranberry juice** and **juice blends, canned cranberry sauce,** and **dried cranberries**.

These processed cranberry products usually have added sugar. Dried cranberries can be found without added sugar.

Store Well Waste Less

- Store fresh cranberries in their original packaging or a tightly sealed plastic bag for up to 2 months in a refrigerator crisper. Remove any soft or decayed berries to help them store longer.
- Rinse fresh cranberries just before using.
- Fresh cranberries can be frozen and stored for up to 1 year. Freeze in the original plastic packaging as purchased or transfer to freezer bags for longer protection. They do not need to be thawed before using.

12-ounce bag of fresh cranberries = about 3 cups

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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Cooking with Cranberries

Couscous Salad

Ingredients:

¾ cup dry **couscous**
½ cup **dried cranberries**
1 cup boiling **water**
½ cup low-fat **Italian salad dressing**
1 **cucumber**, peeled and diced (about 1 cup)
2 **green onions**, sliced
¾ cup frozen **peas**, thawed
¼ cup toasted **nuts**, chopped

Directions:

1. Place couscous and cranberries in a large bowl. Pour boiling water over the mixture; cover and let stand until just warm. Fluff with a fork to separate.
2. Add dressing and mix lightly.
3. Add vegetables and nuts. Toss lightly.
4. Refrigerate leftovers within 2 hours.

Makes 5 cups
Prep time: 15 minutes

Cranberry Applesauce

Ingredients:

7 or 8 medium **apples**, peeled, cored and chopped
1½ cups fresh or frozen **cranberries**
1 cup **water**
½ teaspoon **cinnamon**
½ teaspoon **salt**
⅓ cup **brown sugar**

Directions:

1. Combine all ingredients in a large saucepan. Bring to a boil. Cover and reduce heat. Simmer 20 to 30 minutes.
2. Remove from heat and cool slightly. Use a potato masher or fork to mash mixture to the consistency desired. Serve warm or cold.
3. Refrigerate leftovers within 2 hours.

Makes 6 cups
Prep time: 10-15 minutes
Cook time: 30 minutes

Go to **FoodHero.org** for easy, tasty cranberry recipes

Glazed Carrots and Cranberries

Ingredients:

1 pound **carrots**, peeled and sliced diagonally into ¼ inch thick slices
½ teaspoon **salt**
3 Tablespoons **sugar**, divided
½ cup **chicken broth**
1 Tablespoon **butter**
½ cup **dried cranberries**
2 teaspoons **lemon juice**

Directions:

1. In a large skillet over medium-high heat, add carrots, salt, 1 Tablespoon sugar, and broth. Bring to a boil. Cover and reduce heat. Simmer, stirring occasionally, until carrots are almost tender, about 5 to 8 minutes.
2. Uncover; increase heat to high. Stir occasionally until liquid is reduced to about 2 Tablespoons, about 1 to 2 minutes.
3. Add butter and remaining sugar to skillet; stir carrots to coat. Add dried cranberries and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes.
4. Remove from heat and stir in lemon juice. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes 2 ½ cups
Prep time: 10 minutes
Cook time: 12 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash produce under cool running water.
- peel fruit or vegetables with a peeler to take off only a thin layer.
- measure and mix ingredients.