

## CRANBERRY

*Cranberry is one of very few fruits which are native to North America (blueberry and concord grape also fall in that category). Native Americans used cranberry for food, medicine, and dye.*

lovin'  
spoonfuls  
a food rescue



### BEST COOKING METHODS

- ROASTED
- BOILED
- JUICED

### RECIPE IDEAS

- SAUCE
- ROAST WITH CHICKEN OR VEGETABLES
- CRANBERRY-ORANGE JAM

### STORAGE

- Refrigerate for up to 3 weeks in a sealed container.
- Freeze in a sealed container for up to a year.

### NUTRITION

- Good source of antioxidants, Vitamin C and Fiber.

### TIPS

- To cut the tartness, add a little fruit juice, honey or maple syrup to chopped fresh cranberries.
- Use frozen fresh berries in smoothies, or boil down with sugar to make a tart spread.



## CRANBERRY GRILLED CHEESE

- **1/2 c** grated mild cheddar
- **1/4 c** coarsely chopped fresh cranberries
- **4** slices sandwich bread
- Unsalted butter
- Dijon mustard

COMBINE CHEDDAR WITH CRANBERRIES. SPREAD BOTH SIDES OF 4 SLICES SANDWICH BREAD WITH BUTTER; SPREAD MUSTARD OVER 2 SLICES AND TOP WITH CHEESE MIXTURE. CLOSE SANDWICHES. HEAT A DRY MEDIUM SKILLET OVER MEDIUM AND COOK SANDWICHES, PRESSING DOWN OCCASIONALLY, UNTIL GOLDEN BROWN AND CHEESE IS MELTED, ABOUT 4 MINUTES PER SIDE.