

4 SEASONS, 4 REASONS FOR CRANBERRIES YEAR-ROUND



THE SEASON: SUMMER

The sun is shining and the bogs are abloom – beat the heat with an icy, cold treat made with cranberry juice cocktail!

THE REASON: Results from a large clinical trial published in the *American Journal of Clinical Nutrition* in 2016 showed that cranberry juice reduced symptomatic UTIs by almost 40 percent in women with a recent history of UTIs.¹



THE SEASON: FALL

Did you know that it's the cool, crisp nights of fall that help produce ripe, red fresh cranberries?

THE REASON: The 2015-2020 Dietary Guidelines for Americans recommend choosing a variety of nutrient-dense foods, including fruits like cranberries, which contain essential vitamins and minerals, dietary fiber and other naturally occurring compounds that may have potential health benefits.³



THE SEASON: WINTER

Enjoy breakfast in bed with a brunch that proves dried cranberries were destined for so much more than salad toppings.

THE REASON: Cranberry compounds also help to reduce the incidence of certain infections, maintain a healthy urinary tract, improve heart health and temper inflammation.²



THE SEASON: SPRING

Spring cleaning shouldn't stop at the closet, your menu deserves a refresh this season too! Time to PAC flavor into your next meal with cranberry sauce!

THE REASON: PACs! Cranberry products are a rich source of unique bioactives called PACs that deliver added health benefits – such as antibacterial, antiviral, antimicrobial, anticarcinogenic, anti-inflammatory and antioxidant properties.²



1. Maki KC, Kaspara KL, Khoo C, Derrig LH, Schild AL, Gupta K (2016) Consumption of a cranberry juice beverage lowered the number of clinical urinary tract infection episodes in women with a recent history of urinary tract infection. *Am J Clin Nutr*, 103:6,1434-1442.
2. Blumberg JB, Terri A, Camesano TA, Cassidy A, Kris-Etherton P, Howell A, Manach C, Ostertag LM, Sies H, Skulas-Ray A, Vita J. Cranberries and their bioactive constituents in human health. *Adv Nutr*. 2013;4:1–15.
3. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. <http://health.gov/dietaryguidelines/2015/guidelines/>.



CRANBERRY & GOAT CHEESE STUFFED PEARS

8 servings

Ingredients

- 1½ cups fresh cranberries
- 7 Tbsp. honey, divided
- 4 medium red or green Bartlett pears
- 2 Tbsp. fresh lemon juice
- 4 oz. goat cheese
- ¼ cup old-fashioned rolled oats
- 2 Tbsp. chopped walnuts or pecans
- Pinch ground cinnamon + more for topping
- 2 tsp. butter, melted
- 2 tsp. brown sugar

Directions

- Preheat oven to 425 degrees. In a small saucepan, heat cranberries, ¼ cup water and 5 tablespoons honey to medium-high heat. Bring to a simmer and allow to cook about 4-5 minutes, until cranberries just start to soften and mixture has slightly thickened. Remove from heat.
- Trim a small slice off each side of the pears. Cut in half lengthwise. Hollow just the center of the pears with a melon baller or spoon, creating a cavity for filling. Rub each pear with lemon juice. Bake 17-20 minutes, until just tender (if pear is ripe, it will take less time to cook).
- In a small bowl, beat goat cheese and remaining 2 tablespoons honey with a hand mixer until smooth and creamy. Place a spoonful of goat cheese mixture into each pear. Place a spoonful of cranberry mixture into each pear, next to the goat cheese mixture. In another small bowl, mix together oats, walnuts, cinnamon, melted butter and brown sugar. Place a spoonful of oat mixture on each pear. Serve with a sprinkle of cinnamon.



CRANBERRY SHERBET

Ingredients

- 1 cup cranberry juice cocktail
- 2 cups cranberry juice cocktail
- 1 pkg flavored gelatin (we used raspberry)
- 1 cup evaporated skim milk

Directions

- Bring 1 cup of cranberry juice to a boil in a small saucepan.
- Add gelatin and stir to dissolve.
- Transfer to a large bowl.
- Add remaining ingredients.
- Blend thoroughly with a hand mixer.
- Pour mixture into a high sided sheet pan or other shallow dish.
- Freeze for 1.5 hours.
- Transfer back into the bowl and blend again with a hand mixer.
- Transfer back into the sheet pan.
- Freeze for another 1.5 hours (stirring occasionally to break up any ice that may be forming).
- Serve cold.



CRANZY CHICKEN TACO

8 servings

Ingredients

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| BEAN SALAD (makes 4 cups): | CHICKEN: |
| 2 cups canned Great Northern beans, reduced-sodium, drained, rinsed | 1 cup whole-berry cranberry sauce |
| 2 cups sweetened dried cranberries | 1 Tbsp. honey |
| ¼ cup 100% apple juice | 12 oz. cooked, diced chicken |
| 3 Tbsp. chopped scallions or red onions | 2 Tbsp. grated Parmesan cheese |
| ½ tsp. minced garlic | CRANBERRY MAYO (makes ½ cup): |
| ¼ tsp. ground black pepper | ¼ cup reduced-fat mayonnaise |
| 4 cups chopped fresh spinach | ¼ cup whole-berry cranberry sauce, mashed |
| 8 whole-grain, 8-in. tortillas | 1 Tbsp. finely minced scallions |
| | ½ tsp. ground black pepper |

Directions

- In a medium bowl, toss together all Bean Salad ingredients; mix well, cover and refrigerate at least 2 hours before serving.
- In a large sauce pan, melt cranberry sauce with honey (about 2 minutes).
- Add chicken to cranberry-honey mixture and toss to coat well. Sprinkle with cheese and mix to coat evenly.
- Lay chicken in a single layer on a parchment-covered baking sheet and bake in 350°F convection oven or 400°F conventional oven for 6-8 minutes or until internal temperature reaches 165°F. Remove from heat and keep hot for serving.
- In a small bowl, whisk together mayonnaise, cranberry sauce, scallions and pepper until combined; place in a covered container for serving.
- Place ½ cup chopped spinach inside a tortilla, top with ¼ cup chicken and ½ cup bean salad and drizzle with 1 Tbsp. Cranberry Mayo. Fold tortilla with ingredients inside to form a hand-held taco.



CRANBERRY SWEET POTATO HASH WITH POACHED EGG

4-6 servings

Ingredients

- 1½ cups dried cranberries
- ¼ cup Amontillado Sherry
- ½ lb. thick cut smoked bacon, medium dice
- 2 cups Vidalia onion, small dice
- 3 whole sweet potatoes, peeled, medium dice
- 2 oz sage, chiffonade
- 3 Tbsp. apple cider vinegar
- 4-6 whole eggs, poached or sunny side up
- 4 Tbsp. peach preserves
- 8 tsp chipotle hot sauce
- Salt and pepper, to taste

Directions

- Mix sherry with dried cranberries, wrap and refrigerate. Allow cranberries to plump and soften for at least 2 hours - overnight is preferred.
- In a sauté pan, cook bacon over medium-high heat until browned and crispy. Remove bacon from pan and set aside.
- Sauté onions over medium-high heat in bacon fat until translucent and slightly browned. Season lightly with salt and pepper.
- Add cranberry and sherry mixture to onions and sauté for 1 minute.
- Add sweet potatoes and cooked bacon and reduce heat to medium. Season lightly with more salt and pepper.
- Continue sautéing, stirring occasionally, until sweet potato is three-quarters of the way cooked through - firm, but not soft. Increase heat to high. Allow sweet potato to brown while it finishes cooking through.
- Deglaze pan with cider vinegar. Add sage and mix. Adjust seasoning with salt and pepper, to taste, and set aside.
- Combine peach preserves with chipotle hot sauce.
- Place warm hash in bowl and top with warm poached egg. Garnish with hot sauce blend, to taste.