

WE'RE BERRY THANKFUL FOR CRANBERRIES



Your Budget Friendly Recipe of the Month

When you think about the month of October, do you think about cranberries? For most of us, it's likely not the first thing that comes to mind! Maybe you think about Halloween, Thanksgiving, the start of soup season and all things pumpkin spice. However, let's not forget about this red berry that's in season, packs a punch both flavour and nutrition wise, and for most, usually makes an initial appearance at Thanksgiving. "Cran"-k it up a notch with this cranberry spice jam recipe and elevate your turkey dinner or explore more ways to use cranberries and leftover cranberry sauce year-round.

CRANBERRY SPICE JAM

HERE'S HOW TO MAKE IT:

INGREDIENTS

- 3 CUPS WHOLE CRANBERRIES (CAN BE FRESH OR FROZEN)
- 1 CUP PLUS 2 TABLESPOONS SUGAR
- 1 CUP PLUS 2 TABLESPOONS ORANGE JUICE
- 2 TEASPOONS FRESHLY GRATED ORANGE ZEST
- 1/8 TEASPOON GROUND CINNAMON
- 1/8 TEASPOON GROUND CLOVES

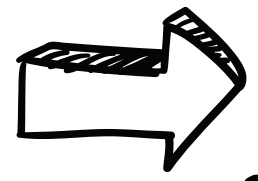
DIRECTIONS:

- IN A LARGE POT OVER MEDIUM-HIGH HEAT, COMBINE ALL INGREDIENTS AND BRING TO A BOIL. REDUCE HEAT TO MEDIUM-LOW AND COOK OVER A SOFT BOIL, STIRRING OFTEN TO PREVENT SCORCHING.
- SKIM AWAY AND DISCARD ANY FOAM THAT MAY RISE TO THE TOP.
- COOK UNTIL THE CRANBERRIES BURST, THE MIXTURE THICKENS TO A CONSISTENCY OF A LOOSE JAM COATING THE BACK OF A SPOON AND TURNS DEEP RUBY-RED IN COLOUR, ABOUT 15 MINUTES. COOKING LONGER THAN 15 MINUTES WILL BREAK DOWN THE NATURALLY OCCURRING PECTIN IN THE BERRIES AND THE JAM WILL NOT SET.
- REMOVE FROM HEAT, COOL TO ROOM TEMPERATURE, THEN STORE IN A CONTAINER OR JAR UP TO 5-7 DAYS IN THE FRIDGE.



ARE YOU HUNGRY FOR MORE?

CHECK OUT THESE RECIPES TO EITHER ELEVATE YOUR CANNED CRANBERRY



CLICK ON THESE
LINKS FOR MORE
IDEAS!

SAUCE OR USE IT UP:

- [HTTPS://KEYTOMYLIME.COM/CANNED-CRANBERRY-SAUCE-RECIPE/#MV-CREATION-381-JTR](https://keytomylime.com/canned-cranberry-sauce-recipe/#MV-CREATION-381-JTR)
- [HTTPS://WWW.CITYLINE.TV/2012/12/03/MIXED-UP-MEATBALLS/](https://www.cityline.tv/2012/12/03/mixed-up-meatballs/)

FUN FACTS ABOUT CRANBERRIES!

- CRANBERRIES ARE NATIVE TO NORTH AMERICA AND GROW ON LOW VINES IN SUNKEN BEDS CALLED BOGS.
- FALL IS PEAK HARVEST SEASON, SO FIND THEM IN ABUNDANCE IN THE FRESH PRODUCE SECTION OR ALL YEAR-ROUND IN THE FROZEN FRUIT SECTION, DRIED, CANNED OR AS JUICE.
- CRANBERRIES ARE MOST COMMONLY PROMOTED FOR THE PREVENTION OF URINARY TRACT INFECTIONS AND HAVE BEEN SHOWN TO HELP PREVENT CAVITIES, REDUCE INFLAMMATION, MAINTAIN DIGESTIVE HEALTH AND PROTECT AGAINST CARDIOVASCULAR HEALTH RISKS.
- CRANBERRIES CONTAIN VITAMINS C, E, K AND MANGANESE AS WELL AS PROANTHOCYANIDINS, A SUBCLASS OF FLAVONOIDS WITH ANTIOXIDANT PROPERTIES THAT ARE RESPONSIBLE FOR THE MANY HEALTH BENEFITS LISTED ABOVE.

<https://health.clevelandclinic.org/benefits-of-cranberries>

<https://www.todaysdietitian.com/newarchives/1215p66.shtml>

*Do you have other tips for using leftover cranberry sauce?
Let me know!*

MAKING YOUR MONEY

S - T - R - E - T - C - H

- ENJOY LEFTOVER CRANBERRY SAUCE AT ALL OF YOUR MEALS!
- BREAKFAST IDEAS: SPREAD ON TOAST, ADD TO OATMEAL OR OVERNIGHT OATS, TOP WAFFLES AND PANCAKES, OR MAKE A YOGURT PARFAIT.
- AMP UP YOUR GRILLED CHEESE SANDWICHES AND BURGERS, USE AS A GLAZE FOR GRILLED MEATS OR MAKE A CRANBERRY BBQ SAUCE.
- SERVE ON TOP OF BRIE, CREAM CHEESE OR GOAT CHEESE WITH CRACKERS.
- MAKE FRUIT LEATHER USING THIS RECIPE FROM GETTY STEWART, PROFESSIONAL HOME ECONOMIST

<https://www.gettystewart.com/how-to-make-cranberry-fruit-leather/>

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