



## Benefits of Cranberry:



**High in Vitamin C**—1 serving of Ocean Spray Cranberry Liquid Concentrate contains 100% Vitamin C



**Rich in antioxidants**— these help the body fight harmful free radicals



**Heart Health**— studies from the American Chemical Society & European Journal of Nutrition have shown that 2 cups of cranberry juice a day have increased LDL cholesterol levels (the good kind!) and may prevent hardening of the arteries.



**Urinary Tract Health**— studies from the American Chemical Society have shown a correlation between cranberry juice consumption and prevention of urinary tract infections.



## What to do with Cranberry Liquid Concentrate:



-Add 11.5 oz (one bottle) to 46 fl oz. of water to create a cranberry juice drink.



-Create a marinade or glaze for chicken or other meats.



-Create a cranberry balsamic vinaigrette dressing for salads.



-White sugar substitute: 1 cup of white sugar → 3/4 cup concentrate





## Got Cranberry Liquid Concentrate?

We do on our TEFAP menu!



### Cranberry-Orange Glaze (used for chicken, turkey, ham, etc.)

**Yields: 1 ¼ cups**

Retrieved from: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/cranberry-orange-glazed-turkey-recipe.html>

#### Ingredients:

1/2 cup cranberry juice cocktail concentrate	1 tablespoon butter
1/2 cup frozen orange juice concentrate, thawed	1/4 teaspoon kosher salt
1/4 cup orange marmalade	1/8 teaspoon freshly ground black pepper
1 1/4 teaspoons chopped fresh rosemary	

#### Directions:

In a small saucepan, bring the cranberry juice, orange juice, marmalade and rosemary to a boil over medium-high heat. Boil until the glaze thickens enough to coat a spoon, whisking often, 15 minutes. Remove from the heat. Whisk in the butter, then season the glaze with salt and pepper.

### Cranberry Bran Muffins

Retrieved from <http://www.sheknows.com/food-and-recipes/articles/843981/how-to-substitute-juice-in-your-favorite-recipes>

#### Ingredients:

1 can (11.5 ounces) Concentrated Cranberry Juice Cocktail	2 cups sour cream
4 eggs	2 cups flour
5 cups bran flakes, crushed	1 cup chopped walnuts
	2 teaspoons baking soda

#### Directions:

1. Preheat oven to 400 degrees F. Prepare muffin pans by lightly spraying with cooking spray or by lining with paper cups.
2. In medium bowl, whisk together cranberry juice cocktail and eggs until well blended. Mix in the crushed bran flakes, and set aside to stand for 5 minutes.
3. Stir in the remaining ingredients just until the flour is moistened. The batter will be lumpy. Fill the prepared muffin cups about two-thirds full with batter. Bake for 20 minutes or until toothpick inserted in center of muffin comes out clean.



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### **Cranberry Vinaigrette Salad Dressing (can be used as a marinade) Yields: 6 servings**

Retrieved from <http://www.food.com/recipe/cranberry-vinaigrette-salad-dressing-124534>

#### Ingredients:

1 egg white	1 cup extra virgin olive oil
2 tablespoons mustard	3/4 cup canola oil
1/2 lemon, juice of	1 teaspoon fresh dill, chopped
1/4 cup red wine vinegar	salt (to taste)
2/3 cup cranberry juice concentrate	pepper (to taste)
	sugar (to taste)

#### Directions:

In a blender, whisk egg white, mustard, lemon juice and red wine vinegar until frothy.

While blender is still running, slowly pour in the cranberry concentrate, allowing it to infuse gradually into the egg white mixture.

Mix the two oils together in a small bowl, and let it gradually stream into the blender, continuing to whisk until the dressing has emulsified, and has thickened.

Turn off the blender at this point, and pour dressing into a large bowl. Stir in the dill and add the salt, pepper and sugar to your liking.

### **Three Cranberry Relish. Yields: 10 servings**

Retrieved from: All Recipes

#### Ingredients:

1 pound of cranberries	¼ cup orange juice
12 fl oz. cranberry juice concentrate	2/3 cup white sugar
1 ½ cups sweetened dried cranberries	1 tbsp orange zest

#### Directions:

Combine all ingredients in a sauce pan. Cook over medium heat until cranberries pop. Serve warm or cold.

\*As the relish sits, it thickens.

