

RECIPE

Cranberry Orange Relish

Makes 3 1/2 cups

Ingredients

- 1 (12-ounce) bag fresh cranberries (about 3 cups)
- 2 granny smith apples, peeled and diced
- 1 cup unsweetened orange juice
- 1/2 cup diced dried or fresh apricots
- 2 tablespoons orange zest
- 1/2 teaspoon minced fresh ginger
- 1 tablespoon honey
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves

Directions

1. Heat a medium saucepan over medium-high heat.
2. Add the cranberries and apples and cook until cranberries begin to pop, about 3 minutes.
3. Add the remaining ingredients and simmer until cranberries have broken down and relish is thick, 10 to 15 minutes.
4. Transfer hot relish into a glass bowl, cover, and refrigerate for 1 hour before serving.
5. Store in an airtight container in the refrigerator for 4 or 5 days.
6. Serving size is 1/4 cup.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
50	0	0	13	1	2	0