

- CRANBERRIES - A TASTY LITTLE FRUIT

When most of us think of cranberries, we think of cranberry juice and its roll in preventing urinary tract infections (UTIs). But they offer many more health benefits. Here are several reasons to try cranberries.

- Cranberries naturally contain compounds which may help in preventing urinary tract infections, ulcers and gum disease.
- Dried cranberries are good source of fiber with 2.3 g per 1/4 cup serving (10% of the Daily Value).
- Single-serve packs of dried cranberries are an easy grab-and-go snack. Pair with a good source of protein, such as almonds or low-fat yogurt, for a balanced snack.
- Cranberries boast health benefits and are versatile to enjoy year-round in various forms, including fresh, frozen, dried and canned.
- Cranberries' tart and slightly sweet flavor makes them a delicious and nutritious addition to salads, yogurt, cottage cheese, overnight oats or in smoothies.



WILD RICE & QUINOA STUFFING WITH APPLES & CRANBERRIES

Ingredients

- 1/3 cup butter
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 2 Granny Smith apples, cored, peeled & chopped (about 2 cups)
- 2 cloves garlic, minced
- 2 tbsp chopped fresh thyme
- 4 cups cooled cooked quinoa
- 2 cups cooled cooked wild rice
- 3/4 cup dried cranberries
- 1/4 cup chopped fresh parsley
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 3 large eggs, beaten
- 1/2 cup walnuts or pecan pieces

Directions

Preheat oven to 350 degrees. Grease 13 X 9" baking dish; set aside. In skillet, heat butter over medium heat; cook onion, celery, apples, garlic & thyme until onion & celery are tender. Transfer to large bowl; let cool completely. Add quinoa, wild rice, cranberries, parsley, salt & pepper to onion mixture; add eggs, stirring until combined. Transfer to prepared baking dish; cover with foil. Bake for 30 to 40 minutes or until heated through. Sprinkle nuts over top in last 15 minutes of cooking time. Tip: Garnish with extra chopped parsley. Substitute sage or rosemary for thyme if desired.

Serves 10.

Nutrition Facts

280 Calories per serving	Trans Fat: 0g
Total Fat: 13 g	Cholesterol: 70 mg
Vitamin A: 10%	Sodium: 270 mg
Vitamin C: 15%	Total Carbohydrates: 36 g
Iron: 10%	Dietary Fiber: 5 g
Calcium: 4%	Total Sugars: 13 g
Protein: 7 g	