



## Cranberries, Fresh

MyPlate Food Group: **Fruit**

USDA  
**Foods**

### Nutrition Information

- 1 cup of fresh cranberries count as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Cranberries are naturally low in fat, sodium, and calories. Cranberries do not have cholesterol.
- Cranberries are high in vitamin C. Vitamin C helps to boost the immune system.
- Cranberries are naturally low in sugar and high in fiber.

### Uses and Tips

- Fresh cranberries are too tart for many people to enjoy eating plain, but they are a wonderful addition to other sweet or savory foods.
- Cranberries can be added to muffins, quick breads, and other baked goods to add flavor and other important nutrients.
- In addition to tangy sauces, fresh cranberries are tasty and nutritious addition to smoothies, salads, and desserts.
- Buy fresh cranberries in season when they may be less expensive and at their peak flavor.

### Storing Foods at Home

- Do not wash cranberries until ready to use.
- Store fresh cranberries in a sealed plastic bag in the refrigerator.
- Fresh cranberries will last in the refrigerator for 4 weeks. If you can't use them within 4 weeks, store them in a sealed plastic bag in the freezer until you are ready to use them.

### MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!



## USDA Foods

### **Pear and Cranberry Crisp**

*Makes 4-6 servings*

#### **Ingredients:**

½ cup old fashioned rolled oats  
1 tablespoon brown sugar  
2 tablespoons flour  
¼ teaspoon cinnamon  
2 tablespoons applesauce  
4 cups pears, cubed (about 3 pears)  
1 cup cranberries, fresh or frozen  
1 tablespoon cornstarch

**Directions:** Wash hands with soap and water.

1. In a medium bowl, combine oats, brown sugar, flour, cinnamon, and applesauce.
2. Combine pears, cranberries, and cornstarch in an 8x8 inch baking dish. Sprinkle with oat mixture.
3. Bake uncovered at 400 degrees F. until juices are bubbling and topping is browned, about 20 minutes.
4. Let cool before serving.

*Recipe adapted from FoodHero.org*

### **Julie's Cranberry Chutney**

*Makes 12 servings*

#### **Ingredients:**

12 cups whole, fresh cranberries  
1 cup water  
Juice of 1 orange  
½ cup sugar  
1 Granny Smith apple, chopped  
1 small onion, chopped  
¼ cup apple cider vinegar  
1 teaspoon cinnamon  
¼ teaspoon red pepper flakes  
½ cup walnuts, chopped

**Directions:** Wash hands with soap and water.

1. Combine all ingredients in a pot and bring to a boil.
2. Cover with a lid and reduce heat to low.
3. Simmer for about 30 minutes, stirring occasionally.
4. Remove from heat and let chutney cool slightly.
5. Place in the refrigerator to cool completely before serving.

*Recipe adapted from USDA, Centers for Nutrition Policy and Promotion*