



## Cranberries, Dried

MyPlate Food Group: **Fruit**

USDA  
**Foods**

### Nutrition Information

- ½ cup of dried cranberries counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Dietary fiber from dried cranberries helps reduce cholesterol in your blood.
- Dried cranberries are naturally low in fat, sodium, and calories. Dried cranberries do not have cholesterol.
- For specific information about dried cranberries, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Chop dried cranberries and add them to hot cereals such as oatmeal to add flavor and texture.
- Dried cranberries can be used as a natural sweetener in baked items such as breads and muffins.
- Dried cranberries are ready-to-eat and do not need to be stored in the refrigerator. They are a convenient snack when you are on the go.

### Storing Foods at Home

- Store unopened dried cranberries in a clean, dry, cool place.
- After the dried cranberries are open, tightly close and seal the bag and store in a clean, dry, cool place.

### MyPlate Facts

- Fiber from fruit helps keep your heart healthy and helps to 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.
- Any fruit counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried!
- Fresh, canned, dried, and frozen fruit contain nutrients that are important to your health.



## USDA Foods

### **Kale and Cranberry Stir-Fry**

*Makes 5 servings*

#### **Ingredients:**

- 1 teaspoon canola oil
- ¼ cup chopped onion
- ¼ cup dried cranberries
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 6 cups chopped kale (leaf portion, no stems)
- Juice from ½ orange (about ¼ cup)

#### **Directions:**

1. Add oil and onion to large skillet. Stir and cook over medium-high heat until onion is clear.
2. Add cranberries and garlic and cook for 2-3 minutes.
3. Add kale and orange juice. Continue to cook for about 5 minutes until kale becomes tender and wilts.
4. Serve immediately.

*Recipe adapted from FoodHero.org*

### **Rice with Dried Fruits and Nuts**

*Makes 4 servings*

#### **Ingredients:**

- 1 cup brown rice
- 4 cups vegetable or chicken broth
- 1 cup roughly chopped dried cranberries
- ½ cup chopped almonds, walnuts, or pecans
- 2 tablespoons of parsley (optional)
- Salt and pepper, to taste

#### **Directions:**

1. In a large pot, cook rice in broth according to package directions. If package lists a different amount of rice and broth or water, follow package directions.
2. When rice is cooked, remove from heat.
3. Mix in the dried cranberries, nuts, and parsley (optional). Season with salt and pepper to taste and serve immediately.

*Recipe adapted from EatFresh.org*