



# Cranberry Relish



## Ingredients



- 2 cups fresh cranberries, rinsed
- 2 apples, cored and cut into wedges
- 1 whole orange (including the peel), cut into wedges
- 1/2-1 cup sugar, to taste



## Directions



**Yield:** 24 servings **Serving size:** 2 tablespoons **Total cost:** \$7.15 **Serving cost:** \$0.30

1. Add the cranberries, apple, and orange to a food processor fitted with a metal blade. Pulse until all the fruit is coarsely chopped, but not turned into mush.
2. Transfer the fruit into a bowl and stir in the sugar. Start with 1/2 a cup and taste the mixture. Add more sugar 1/4 cup at a time until you reach the desired level of sweetness.
3. Let the cranberry relish sit at room temperature for about 45 minutes to allow the sugar to dissolve. Store in the fridge until ready to use.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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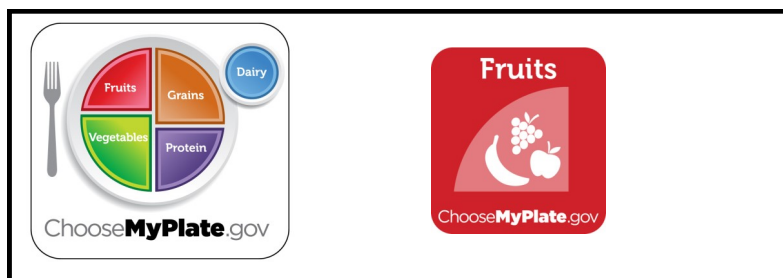
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Serve with stuffing or your favorite Thanksgiving dish.

Nutrition Facts	
24 servings per container	
<b>Serving size</b>	<b>2 tablespoons</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>45</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber < 1g	3%
Total Sugars 11g	
Includes 8g Added Sugars	16%
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 47mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

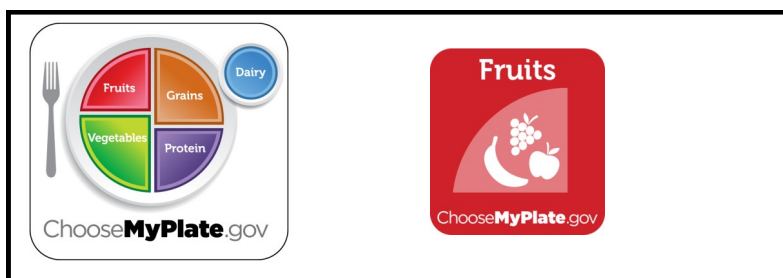
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