

COMMODITY FOODS CRANBERRY SAUCE



Storage

- Store unopened can of cranberry sauce on a shelf in a cool, dry place.
- Use unopened canned cranberry sauce within one year to 18 months.
- Store leftover cranberry sauce in a covered container in the refrigerator. Use within 2 to 3 weeks.

Uses & Tips

- Serve cranberry sauce right out of the can.
- Use cranberry sauce with other sauces such as barbecue.
- Add to fruit desserts or gelatin salads.

Cranberry Fruit Salad Serves 8.

- 8 oz. can crushed pineapple, drain and save juice
- 1/2 cup cranberry juice cocktail or apple juice
- 2 Tbsp. lemon juice
- 3 oz. package raspberry-flavored gelatin
- 16 oz. can of cranberry sauce, mashed
- 1/2 cup chopped nuts (optional)
- 1/2 cup chopped celery (optional)

1. Combine pineapple juice, cranberry juice cocktail, and lemon juice in medium saucepan. Bring to boil, then remove from heat.
2. Add gelatin and stir until completely dissolved.
3. Stir cranberry sauce into gelatin mixture. Refrigerate until mixture begins to set.
4. Stir in pineapple, nuts and celery. Pour into 4-cup mold or serving dish.
5. Chill until firm.

NUTRITION FACTS w/ nuts and celery (per serving) - Calories 200 ~ fat 5 g ~ calories from fat 45 ~ sodium 45 mg ~ total carbohydrate 40 g ~ fiber 2 g



University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.