

Cranberries

HEALTH BENEFITS:

Bursting with vibrant flavor and packed with essential nutrients, cranberries are a delicious addition to any diet. They're rich in vitamin C, boosting your immune system and promoting healthy skin. The fiber in cranberries supports digestion and heart health, while their antioxidants, like polyphenols, help reduce inflammation and protect your cells. Consuming cranberries may also prevent tooth decay and gum disease, inhibit urinary tract infections, reduce cholesterol levels, and keep your digestive system running smoothly. You'll even get a dose of vitamin E that may support skin health, as well as manganese that supports metabolism and bone strength!

SELECTION & STORAGE:

Choose firm, plump cranberries with a deep red color, as these are the freshest and most flavorful. Store them in the fridge for up to two months or freeze for up to a year to preserve their nutrients. Before eating or cooking, rinse them under cold water. Cranberries can be enjoyed fresh, in smoothies, baked into dishes, or as a tangy addition to salads and sauces!

Source: Nemzer et al. (2022)

RECIPE OF THE MONTH: APPLE & CRANBERRY ROASTED CHICKEN

INGREDIENTS (4 servings):

- 1 c. Cranberries
- 2 tbsp. Light brown sugar
- 1 tbsp. Cornstarch
- 2 tsp. Low sodium soy sauce
- 1/2 c. Dry white wine
- 6 bone-in, skin on chicken thighs
- 1 tbsp. EVOO
- 1 lg. Shallot, thinly sliced
- 3 Garlic cloves, minced
- 1 c. Low-sodium chicken broth
- 2 Honeycrisp apples, cut into 8 slices each
- 1 tbsp. Thyme, parsley, kosher salt, and pepper

DIRECTIONS:

1. Preheat oven to 425°. In a bowl, toss cranberries, brown sugar, cornstarch, soy sauce, and 1 tbsp wine.
2. Season chicken with salt and pepper. In a large skillet, heat oil and brown chicken, 5-6 minutes per side. Transfer to a plate.
3. In the same skillet, cook shallot for 2 min. Add garlic and cook for 1 min.
4. Add remaining wine, cook until mostly evaporated. Add broth, bring to a boil.
5. Add apple, cranberry mix, and stir. Place chicken on top, sprinkle with thyme.
6. Bake 20-25 minutes. Top with parsley and more thyme, enjoy!

