



Cranberries

A HEALTHY HOLIDAY DISH

Cranberries are a popular pairing with a juicy Thanksgiving turkey. Like other fruits, they're nutritious and low in calories. They contain antioxidants, which can help fight disease. They're also a good source of fiber. Here's how to enjoy them at your holiday:

1. Go for fresh berries. Many cranberry dishes contain loads of added sugar. Canned cranberry sauces and jellies may also have added sugar. Save your extra calories for dessert and skip the sugar-laden jellies and sauces.
2. Mix fresh cranberries together with apples and pears to offset their tartness.
3. If they're too tart for you, use them in savory dishes. Try making a salsa with cranberries instead of tomatoes. Or toss them on a salad with a savory dressing like balsamic vinegar.

Source: United States Department of Agriculture