

October Menu Note

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August 29, 2013

Cranberries - Versatile, Nutritious, and Delicious

As a juice or enjoyed fresh, dried, or in a sauce, cranberries are a healthy addition to your meals and snacks! Cranberries are a great source of fiber, vitamin C, and antioxidants and they are easy to combine with many of your favorite foods.

Dried Cranberries

Spruce up your meals by adding dried cranberries to cottage cheese, stuffing, green salads, chicken salads, and turkey salads. Dried cranberries also add great flavor to oatmeal and cold cereals.

Cranberry Sauce

If you prefer cranberry sauce, add it to turkey sandwiches or serve it with roasted turkey and chicken dishes. It's also delicious served with salmon, adding additional nutrients to a great source of healthy omega-3 fatty acids. You can also spread cranberry sauce on pancakes and waffles as a zesty morning treat!

Cranberry Juice

Cranberry juice delivers important antioxidants, and a glass of cranberry juice can be enjoyed with any meal.

Health Benefits of Cranberries

Cranberries contain nutrients which have been shown to reduce the risk of urinary tract infections. Additionally, antioxidants supplied by cranberries play an important role in an overall healthy diet.

A Season of Cranberries

Although cranberries are available throughout the year, they are harvested in the fall and are a staple of our traditional Thanksgiving meal.

