

Cranberry Fruit Relish

Makes 12 (1/4 cup) servings

INGREDIENTS

- 2 cups fresh cranberries
- 1 medium apple, peeled and chopped
- 1/3 cup raisins
- ¼ cup orange juice
- 1 tbsp sugar
- 1 can (8 oz) crushed pineapple in own juice, undrained
- 1 medium orange, cut in sections

DIRECTIONS

In medium saucepan, combine cranberries, apple, raisins, orange juice, and sugar. Bring to a boil. Cover and simmer 20 minutes or until cranberries pop. Remove from heat. Stir in crushed pineapple and orange sections. Chill.

My suggestion: Before adding sugar, taste the relish. If the apple and orange are sweet enough, sugar is not needed. I often leave it out.

Nutrition Information per Serving (1/4 cup): 44 calories, 0g fat, 11g carbohydrate, 4g fiber, 0g protein

Recipe Source: Ladies' Home Journal, page 172, November, 1984