

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

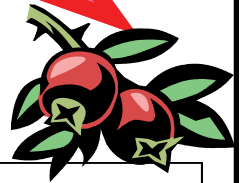
The produce of the week is... Cranberries

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week



What fruit grows in a bog that is flooded every winter?

CRANBERRIES!

- ~ Choose berries that are glossy & bright to dark red in color
Avoid cranberries that are black or pale in color, wrinkled, or brown
- ~ Cranberries do not ripen after picking, so avoid 'green' berries!
- ~ Refrigerate for up to two months in a sealed plastic bag, checking frequently to remove any damaged or green berries
- ~ Berries can keep in the freezer for up to a year

Nutrition Facts:

- * Cranberries are a good source of vitamin C and fiber
- * Cranberries have no fat or sodium
- * There are 45 calories in one cup of fresh cranberries

Did you know ?

- ♦ Massachusetts is the leading grower of cranberries
- ♦ In the winter, cranberry beds are flooded and become blocks of ice to protect the vines!
- ♦ Some cranberry vines are 100 years old!

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7

Try these delicious, nutritious and healthy recipes!

Cranberry Squash

4 Servings

2 (1 lb) acorn squash
3/4 cup fresh cranberries
3 Tablespoons brown sugar
3 Tablespoons orange juice

1. With a fork, pierce the whole squash on each side. Microwave on paper towel 12 -15 minutes or until fork-tender, turning over after 5 minutes. Let stand 5-10 minutes.
2. In a 1-quart casserole dish, combine the remaining ingredients. Cover with waxed paper. Microwave for 3-5 minutes or until berries have popped, stirring after 2 minutes.
3. Cut the squash in half. Remove the seeds. Place cut side up on a microwave-proof plate. Spoon cranberry mixture into the hollowed-out squash.
4. Cover with waxed paper and microwave for 1 - 3 minutes to heat through.

Cranberry Chicken

4 servings

4 boneless, skinless chicken breast halves
Salt and pepper
1/3 cup apple juice
2 Granny Smith apples, cut into 1/4-inch slices
1/2 cup Dried Cranberries

1. Spray large skillet with oil spray and add chicken breasts
2. Cook over medium-high heat 5 - 8 minutes on each side or until chicken is golden brown and no longer pink inside. Remove to platter and keep warm.
3. Stir juice and apples into skillet; bring to a boil and scrape up the brown bits from the pan.
4. Add dried cranberries. Cook 1-2 minutes or until slightly thickened. Spoon over chicken.



Recipes modified from makethemost.com & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!