

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

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 berries

~ Berries can keep in the freezer for up to a year

- \* 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

- > 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 coloring in a different piece of 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

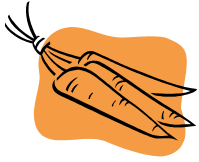


Day 2



Day 7





# Try these delicious, nutritious and healthy recipes!

## Cranberry Squash

4 Servings

Modified from makethemost.com

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.

**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!**