



## Cranberries are The Harvest of the Month!

### Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

*Make meals and memories together. It's a lesson kids will use for life.*

**Select** – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

**Store** – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

**Prepare** – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

### Did you know?

Cranberries are the state fruit of Wisconsin! 62% of the cranberries grown in the United States come from Wisconsin.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



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## Recipe of the month

### Apple Cranberry Stuffing

Serves 16

#### Ingredients:

- 20 ounces cubed crusty whole-wheat bread
- 2 tablespoons extra-virgin olive oil
- 1 ½ cups diced celery
- 1 ½ cups diced shallots
- 2 cups diced apple
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh sage
- 4 tablespoons unsalted butter
- 2 cups low-sodium no-chicken or chicken broth
- 1 cup dried cranberries
- ½ cup chopped walnuts
- 1 teaspoon salt
- ½ teaspoon ground pepper

Per serving: 198 calories, 8g fat, 5g protein, 27g carbohydrate, 3g fiber, 318 mg sodium

Source: laxf2s.org

#### Directions:

1. Wash hands with soap and water. Preheat oven to 275°F.
2. Spread bread on a large baking sheet. Bake until dry to the touch, about 30 minutes. Transfer to a large bowl.
3. Increase oven temperature to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
4. Heat oil in a large skillet over medium-high heat. Add celery and shallots; cook, stirring often, until just starting to brown, 3 to 5 minutes. Reduce heat to medium and cook, stirring often, until tender, 3 to 5 minutes more. Add apple and garlic; cook, stirring, for 30 seconds. Add rosemary and sage; cook, stirring, for 30 seconds. Scrape the mixture on top of the bread. Melt butter in the pan, scraping up any browned bits, then scrape onto the bread. Add broth, cranberries, walnuts, salt and pepper to the bread mixture and stir to combine. Transfer to the prepared baking dish and press with the back of a large spoon into an even layer. Coat one side of a piece of foil with cooking spray and cover the stuffing, sprayed-side down.
5. Bake the stuffing for 30 minutes. Uncover and continue baking until the top is golden brown, 20 to 30 minutes more.



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