

November with Cranberries – Camerota’s Cupboard

Cranberries are beautiful and full of antioxidants. Traditional at Thanksgiving they are available in the fall but are delicious year-round if frozen in the bag and stored for later use.

Cranberry Corn Bread

Here is my own recipe for Cranberry Corn Bread that I cut out of the **NY Times** years ago and make every Thanksgiving. The original recipe came from a woman from Massachusetts who made it fresh every Thanksgiving morning after going to the mill for her cornmeal and buying cranberries direct from the grower. I’ve adapted it from the original by reducing both the confectioners’ sugar and the regular sugar from 1/2 to 1/3 cup and the salt from 3/4 teaspoon to 1/2 teaspoon, substituting canola oil for butter and using 1% low fat milk. Also I’ve added an optional jalepeno for a bit of a kick. If using frozen cranberries, **do not** thaw before using because the corn bread will become soggy.

2 tablespoons Canola oil, plus more to grease pan
1 cup cranberries
1/3 cup confectioners’ sugar
3/4 cup stone ground cornmeal
1 cup all-purpose flour
1/3 cup sugar
1/2 teaspoon salt
1 tablespoon baking powder
1 cup 1% low fat milk
1 large egg
1 finely diced jalepeno pepper (optional)

1. Heat oven to 400 degrees. Grease an 8-inch by 8-inch baking pan.
2. Cut each cranberry in half, place in large bowl with confectioners’ sugar, and mix.
3. Sift in cornmeal, flour, sugar, salt, and baking powder and mix.
4. Blend milk, egg, and oil in a bowl. Pour over cornmeal mixture and fold.
5. Pour into pan and bake for 20 to 30 minutes or until golden and a toothpick comes out clean when inserted in the middle.

Yield: 12 servings. *Nutrition information per serving* (1 square – approx. 2.5” x 2”): 143 calories, 3 grams protein, 26 grams carbohydrate, 2 grams dietary fiber, 3 grams fat, 19 mg cholesterol, 254 mg sodium.

Cranberry Meatballs

This recipe, which makes a tasty holiday party appetizer, is from *More Nutritious Still Delicious*, edited by the dietitians at The Nutrition Council of Greater Cincinnati. I asked

Suzanne Hopper, MEd, RD, LD, from the Nutrition Council, about eating red meat. Here is her response:

“Generally limited amounts of lean red meat are acceptable in most non-vegetarian healthy eating plans. I advise consumers to select the leanest ground beef available so the amount of fat (particularly the saturated fat) in the finished product is lower. Consumers should check the labels of either (or both) ground turkey and ground beef for the percent fat and purchase the lower percentage product. Even ground turkey meat will vary in fat – some is as low as 4-5% fat while others may be as high as 15-20% fat.

“The Cranberry Meatball recipe calls for baking the meatballs and draining any fat which also helps to reduce the fat in the final product. Of course no matter what meat is used, the serving size is important – in other words, even if all turkey is used, that does not “grant permission” to over consume this item because it is “healthy”. Also, the meatballs are delicious when made entirely from ground turkey.”

These meatballs (without the sauce) freeze well and can be used in a variety of ways for a quick and easy supper — in spaghetti and meatballs, a meatball hoagie or in Swedish meatballs.

Meatballs (Ingredients):

1 pound extra lean beef
1 pound lean ground turkey
1 cup corn flake crumbs
1/3 cup dried parsley flakes
2 large eggs or egg substitute equivalent
2 tablespoons reduced sodium soy sauce
¼ teaspoon black pepper
½ teaspoon garlic powder
2 tablespoons dried onion
1/3 cup catsup

Meatballs (Directions):

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix all meatball ingredients. Make into wal-nut sized balls.
3. Place meatballs in shallow baking pan; bake in 350 degree oven for 20 minutes.
4. Pour off any grease. Turn meatballs; bake 10 minutes longer.
5. Transfer cooked meatballs to a chafing dish or slow cooker to serve.

Cranberry Sauce (Ingredients):

1 can (16 ounces) whole cranberries
1 bottle (12 ounces) chili sauce

2 tablespoons brown sugar
1 tablespoon lemon juice

Cranberry Sauce (Directions):

1. Place all ingredients in a small saucepan; heat to gentle boil.
2. Pour over cooked meatballs; keep warm in chafing dish or slow cooker.

Serve as an appetizer with toothpicks or over rice as an entrée.
Makes 60 meatballs.

Nutrition information per meatball:

50 calories; 3 gm protein; 7 gm carbohydrate; 1 gm fat; 1 gm saturated fat; <1 gm dietary fiber;
18 mg cholesterol; 256 mg sodium

Fall Flavor Greens with Cranberries

This recipe was prepared at the October Cooking for Wellness class at the Ft. Wright Wellness Community by Janine Faber, RD, LD, Meijer Dietitian and Healthy Living Advisor and used with her permission.

1 ½ tablespoons olive oil
½ red onion, chopped
2-3 cloves garlic, chopped
1 ½ tablespoons balsamic vinegar
1 tablespoon brown sugar
1/3 cup dried, sweetened cranberries
1 lb. fresh greens (the nutrition facts analyzed for Collard Greens)
Salt (very little) and pepper to taste
1/3 cup chopped toasted pecans

Heat oil in a 12-to14-inch sauté pan with a lid. When hot, add onion and sauté for about 8 minutes, adding garlic during with last minute, stirring frequently. Add vinegar, brown sugar and most of the cranberries (reserve about 1-2 tablespoons for later).

Rinse greens and drain in a colander, then transfer greens to pan. Cook and stir (tongs work well) until wilted enough to cover with a lid. Cook, covered, stirring and turning occasionally, for 15 minutes, or until greens are tender. Add another tablespoon or two of water if pan is drying up. Taste and season with a bit of salt and pepper. Stir in remaining cranberries (for a bright look). Sprinkle with pecans and serve.

Makes 4 servings

Nutrition Facts per serving: 135 calories; 8 gm fat, 0 mg cholesterol; 89 mg sodium; 14 gm carbohydrate; 3 gm fiber; 2 gm protein.