

# The Wonderberry at Work

a number of health benefits, the foremost being its "anti-adhesion" effect on certain bacteria. Cranberries are native to North America; they are grown in bogs and belong to the same family as the bilberry and the blueberry

### Cranberries Give Everyone Something to Smile About

Your mouth is one place where the anti-stick power of cranberry may one day come in handy by helping to reduce the amount of bacteria in the mouth.

## Cranberry: A berry after your own heart.

The antioxidants found in cranberries may help the body defend itself against free radical damage. In fact, laboratory studies show that cranberries can inhibit oxidation of

Since 1984, many studies have low-density cholesterol, which is indicated that cranberries may have thought to be one way cholesterol becomes sticky, allowing it to attach to the blood vessel wall.

### Keep Your Stomach from Grumbling

Full, empty, aching or laughing until it hurts, the best way to keep a stomach happy is to keep it healthy. Emerging research suggests that cranberry's "anti-stick" properties can also keep H. pylori from sticking to stomach cells. Cranberry juice may help keep your stomach healthy so these bacteria can't stick to your stomach wall. The bacteria just can't get a good grip.

## Folklore, Wive's Tales

& Other Truths

Turns out the old home remedy is true. Cranberries can help keep your urinary tract healthy. Naturally, too!



"This incredible entrée is a taste treat and it presents beautifully."

# Cranberry Chicken Margarita

## Ingredients

- 6 boneless, skinless chicken 3 tablespoons tequila breast halves
- 2 tablespoons olive oil
- · 1 small garlic clove, minced
- · Coarse salt
- 1 cup Cranberry Sauce
- 1 teaspoon lime juice
- 1 1/2 tablespoons chopped
- cilantro
- · Lime wedges

# **Directions**

1. Slice breasts in half horizontally. Pound with a meat mallet or rolling pin to about 3/8-inch thickness.

Heat oil in a large skillet over medium heat. Add chicken and cook until lightly browned, about 3 minutes per side. Remove chicken to a warm serving platter and sprinkle lightly with coarse salt. Cover loosely with foil: keep warm until serving time.

2. Add garlic to skillet and cook over low heat 1 minute. Stir in cranberry sauce and tequila; bring to a boil. Reduce heat. Simmer 5 minutes or until sauce is thickened, stirring occasionally. Stir in lime juice and cilantro. Spoon some of the sauce over chicken. Sprinkle with additional cilantro, if desired. Serve immediately with remaining sauce, lime wedges and coarse salt. Makes 6 servings.

# Oatmeal Cranberry White Chocolate Chunk Cookies

"Got milk?"



· 1 teaspoon baking soda

• 1 6-ounce package sweetened

• 2/3 cup white chocolate chunks

• 1/2 teaspoon salt

dried cranberries

- 2/3 cup brown sugar
- · 2 large eggs

Ingredients

- 2/3 cup butter or margarine, soft-
- 1 1/2 cups old-fashioned oats
- 1 1/2 cups flour

# **Directions**

- 1. Preheat oven to 375°F.
- 2. Using an electric mixer, beat butter or margarine and sugar together in a medium mixing bowl until light and fluffy. Add eggs, mixing well. 3. Combine oats, flour, baking soda and salt in a separate mixing bowl. Add to butter mixture in several additions, mixing well after each addition. Stir in sweetened dried cranberries and white chocolate chunks. 4. Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake
- for 10-12 minutes or until golden brown. Cool on wire rack. Yields: 2 1/2 dozen cookies.

# SUNDAY SLOW COOKER COLLECTION



# New World Chili

"Garden-fresh pumpkin, dried cranberries, jalapeno peppers, and turkey add a pleasing twist to this inspired slow-simmering chili."

• 1/2 cup frozen whole kernel corn

· 2 cups shredded fresh spinach

· 4-oz. Monterey Jack cheese w/

jalapeño peppers, shredded (1 cup)

· 1/2 cup dried cranberries • 1 fresh jalapeño pepper, seeded

and finely chopped

· Chicken broth

· 1 Tbsp. chili powder

· 1 clove garlic, minced

# **Ingredients**

- · 1- lb. turkey breast tenderloin,
- cut into 1-inch pieces • 1 (28-oz), can diced tomatoes
- 1 (15-oz.) can black beans, rinsed and drained
- 1 (8-oz.) can tomato sauce
- · 1 cup peeled, seeded and cubed
- butternut squash or pumpkin
- · 1 medium onion, chopped • 1/2 cup chicken broth
- **Directions**

In a 5-quart slow cooker combine turkey, undrained tomatoes, beans, tomato sauce, squash, onion, the 1/2 cup chicken broth, corn, cranberries, jalapeño pepper, chili powder and garlic.

Cranberries were first used by

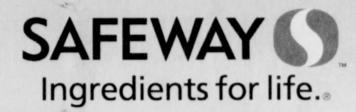
cessed forms.

Native Americans, who discovered ners carried cranberries on their cranberries each year. the wild berry's versatility as a food, voyages to prevent scurvy. In fabric dye and healing agent. To- 1816, Captain Henry Hall became day, cranberries are commercially the first to successfully cultivate grown throughout the northern cranberries. By 1871, the first

Cranberries part of the United States and are association of cranberry growers available in both fresh and proand now, U.S. farmers harvest American whalers and mari- approximately 40,000 acres of

> A.K.A. the Bounce Berries, because a fresh cranberry will bounce if dropped.











CLUB PRICE **Pork Spareribs** 

**Pork Shoulder** 







**Colossal King Crab Clusters** 





APRIL

















