



## The Wonderberry at Work

Since 1984, many studies have indicated that cranberries may have 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

low-density cholesterol, which is 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, Wife'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 breast halves
- 2 tablespoons olive oil
- Coarse salt
- 1 small garlic clove, minced
- 1 cup Cranberry Sauce
- 3 tablespoons tequila
- 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?"



### Ingredients

- 2/3 cup brown sugar
- 2 large eggs
- 2/3 cup butter or margarine, softened
- 1 1/2 cups old-fashioned oats
- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 6-ounce package sweetened dried cranberries
- 2/3 cup white chocolate chunks or chips

### 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."

### 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
- 1/2 cup frozen whole kernel corn cut into 1-inch pieces
- 1 fresh jalapeno pepper, seeded and finely chopped
- 1 Tbsp. chili powder
- 1 clove garlic, minced
- Chicken broth
- 2 cups shredded fresh spinach
- 4-oz. Monterey Jack cheese w/ jalapeno peppers, shredded (1 cup)

### Directions

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

## Cranberries

Cranberries were first used by Native Americans, who discovered the wild berry's versatility as a food, fabric dye and healing agent. Today, cranberries are commercially grown throughout the northern

part of the United States and are available in both fresh and processed forms.

American whalers and mariners carried cranberries on their voyages to prevent scurvy. In 1816, Captain Henry Hall became the first to successfully cultivate cranberries. By 1871, the first

association of cranberry growers in the United States had formed, and now, U.S. farmers harvest approximately 40,000 acres of cranberries each year.

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

# FOOD



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