

THIS WEEK'S RECIPE

As seen on hdnews.net



Quick Microwave Cranberry Relish

This relish is so quick and easy people will think you spent a lot of time making it, but it is a 15 minute, one bowl, no fail method.

- 1 to 1 1/2 cups sugar
- 1/4 cup water
- 12-ounce bag of cranberries
- Zest of one orange
- 1 orange, peeled and cut into 1 inch chunks



1. Pick over berries and remove the mushy ones. Place cranberries in a colander and wash under cold running water. Allow to drain for a few minutes.
 2. In a large bowl, combine cranberries, sugar, water, orange and zest.
 3. Cover with plastic wrap and punch a few holes. Microwave on high for 5 minutes. Stir well and microwave for an additional 10 minutes.
 4. There should be some broken berries and some should remain whole surrounded by liquid. All of the sugar should have dissolved and the liquid should be slightly hick. If not, return it to the oven and cook 5 minutes longer. The relish will set as it cools.
 5. Transfer to a decorative jar or relish dish and chill.
- Makes 3 cups.



Location of Ingredients (at Walmart)

ITEM	AISLE
Sugar	8
Water	Faucet
Cranberries	Produce
Orange	Produce

Nutrition Facts

Serving Size 1/4 Cup (57g)
Servings Per Container 12

Amount Per Serving			
Calories 80		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	22g	7%	
Dietary Fiber	2g	6%	
Sugars	19g		
Protein	0g		

Vitamin A 0% • Vitamin C 20%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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