

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



APPLE-CRANBERRY SAUCE

This turkey side dish uses a fraction of the sugar that classic cranberry sauces use and tastes great served warm or cold.

Makes about 3 cups

Ingredients:

6 apples (Macintosh or Granny Smith), peeled, cored and diced
1 cup fresh cranberries
¼ cup water
½ tsp ground cinnamon
¼ tsp ground ginger (optional)

Directions:

1. Place all ingredients in a medium sauce pot on medium-high heat. Bring to a simmer and put on the lid. Simmer until apples become soft and cranberries burst, about 15 minutes.
2. Remove the pot from the heat. Using a potato masher, mash the apple mixture until no lumps are seen **or** puree in a food processor.

Recipe note: May substitute the fresh cranberries with ½ cup canned cranberry sauce – it's still less sugar and lots of flavor!

Nutritional Information per ¼ cup serving:

Calories: 55	Carbohydrates: 14g
Total Fat: 0g	Cholesterol: 0g
Saturated Fat: 0g	Dietary Fiber: 2g
Sodium: 4mg	Protein: 0g