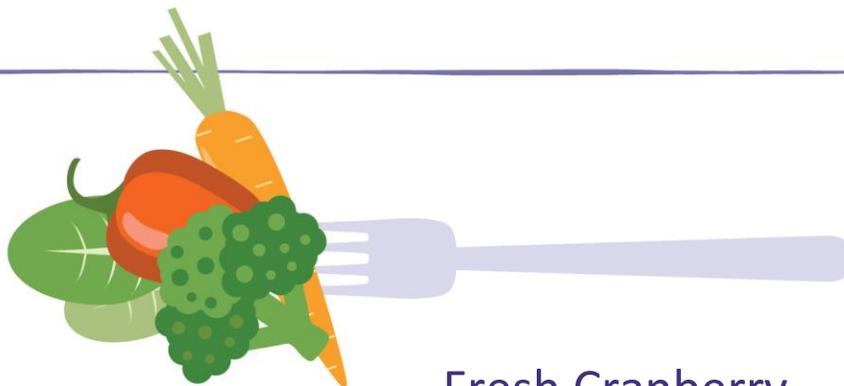


# Recipe



## Fresh Cranberry Applesauce

Makes 6 servings

### Ingredients

1 pound apples (3 medium-sized)

1/2 cup fresh cranberries

1 tablespoon sugar, or 2 packets artificial sweetener

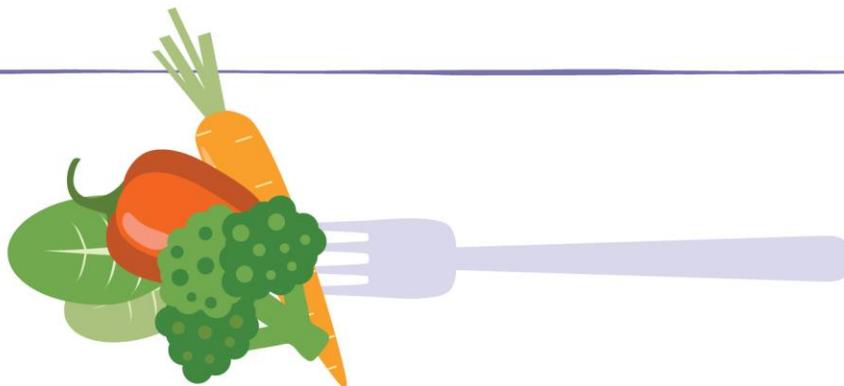
1/2 cup water

### Directions

1. Peel and core apples.
2. Chop apples and put into a microwave-safe dish with cranberries.
3. Add water. Cover and microwave on high for 4 minutes.
4. Stir in sugar (or sweetener) and mash with a fork to desired consistency.

Serve immediately or refrigerate and serve cold.

# Recipe



## Sweet Potato Hash

Makes 2 servings

### Ingredients

2 tsp olive oil

1 1/2 cup peeled, cubed sweet potato (4 ounces)

1 medium apple, chopped

6 ounces cooked turkey or chicken breast meat, shredded

2 tablespoons dried cranberries

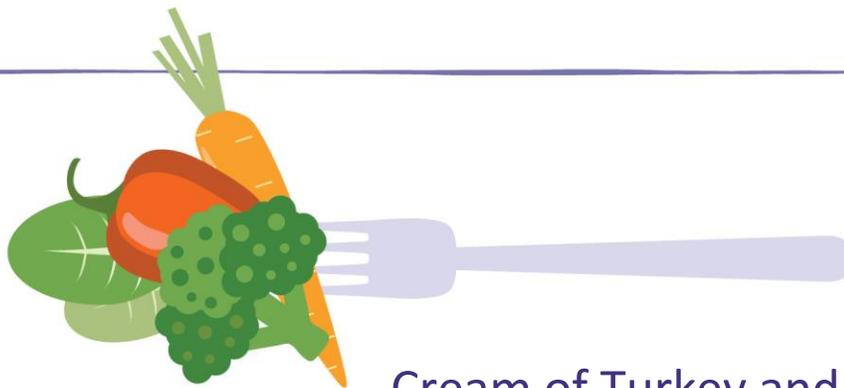
1 teaspoon ground cinnamon

2 tablespoons chopped pecans

### Directions

1. In a large nonstick skillet, heat oil over medium-high heat.
2. Add sweet potato, apple, turkey, dried cranberries and cinnamon.
3. Sauté 7 minutes or until sweet potato and apple are tender and turkey is hot.

# Recipe



## Cream of Turkey and Wild Rice Soup

### Ingredients

1 tablespoon extra-virgin olive oil

2 cups sliced mushrooms (about 4 ounces)

3/4 cup chopped celery

3/4 cup chopped carrots

1/4 cup chopped shallots

1/4 cup all-purpose flour

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

4 cups reduced-sodium chicken broth

1 cup quick-cooking or instant wild rice

3 cups cooked chicken or turkey, shredded

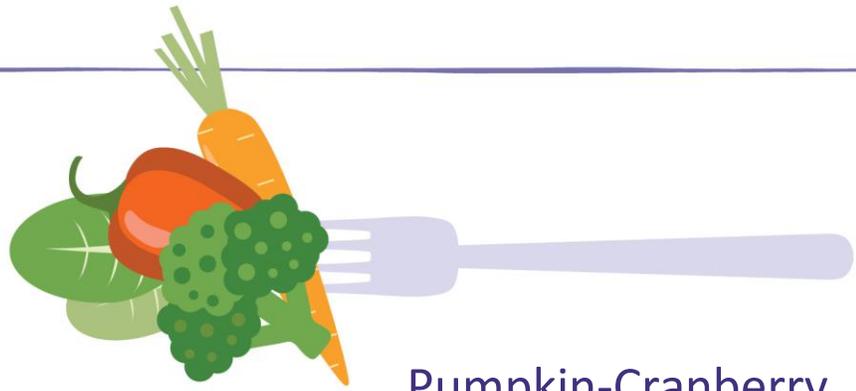
1/2 cup reduced-fat sour cream or fat-free plain Greek yogurt

2 tablespoons chopped fresh parsley

### Directions

1. Heat oil in large saucepan over medium heat.
2. Add mushrooms, celery, carrots and shallots, and cook until softened, about 5 minutes.
3. Add flour, salt and pepper, and cook, stirring, for 2 minutes.
4. Add broth and bring to a boil, scraping up any browned bits.
5. Add rice and reduce to a simmer.
6. Cover and cook until the rice is tender, 5 to 7 minutes.
7. Stir in turkey (or chicken), sour cream, and parsley, and cook until heated through, about 2 minutes.

# Recipe



## Pumpkin-Cranberry Gift Loaves

### Ingredients

1 29-ounce can pure pumpkin

1 1/4 cups sugar

3 eggs or 3/4 cup egg substitute

1/2 cup vegetable oil

1 1/2 teaspoons baking soda

2 teaspoons baking powder

2 teaspoons cinnamon

1 1/2 teaspoons nutmeg

2 1/4 cups flour

1/2 cup coarsely chopped walnuts

2 cups fresh cranberries

### Directions

1. Preheat oven to 325 degrees F.
2. Spray 6 baby loaf pans (about 6 inches long) with cooking spray.
3. In a large bowl, use a whisk to combine pumpkin, sugar, eggs and vegetable oil.
4. Add dry ingredients, stirring until everything is combined.
5. Stir in nuts and cranberries.
6. Bake at 325 degrees F for 45 minutes or until a knife inserted comes out clean.
7. Cool in pans for 10 minutes. Remove to rack and let cool completely before wrapping.