

Cranberry Orange Relish

Serve with dinner, breakfast, or as a tasty snack.

Makes: 10 servings

Prep Time: 15 mins

Source: [FoodHero.org/recipes](https://www.foodhero.org/recipes)

Ingredients

- 1 medium orange (any type)
- 12 ounces cranberries (fresh or frozen)
- 1/3 cup sugar
- 1/8 teaspoon cinnamon

Directions

1. Wash hands with soap and water.
2. Remove the colored outside peel of the orange (known as zest) with a grater. Peel and section the orange.
3. Put the orange zest, orange sections, cranberries, sugar, and cinnamon in a food processor or blender. Pulse until chopped into small pieces.
4. Move the mixture to a bowl and chill in the refrigerator for at least 2 hours before serving.
5. Refrigerate leftovers within 2 hours.

Utensils Needed

- Measuring cups
- Measuring spoons
- Grater
- Food processor or blender
- Small bowl



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 cup	
Nutrients	Amount
Calories:	50
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	0 mg
Total Carbohydrates:	12 g
Dietary Fiber:	2 g
Total Sugars:	9 g
Added Sugars:	7 g
Protein	0 g

SHOPPING LIST

Average total cost without oil and seasonings: \$2.49

Average cost/serving: \$0.25

Recipe Makes: 10 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
Medium Orange



Add 1 to Cart
12 ounces cranberries

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Serve with roasted meats, sandwiches, or quesadillas.
Use as a topping for yogurt, pancakes, or hot cereal.
- Try other spices such as nutmeg or cardamom.
- If using frozen cranberries, let them thaw about 5 minutes before chopping.