

Apple Cranberry and Red Cabbage Pecan Slaw

Yield: 4 cups

Ingredients:

1 lb red cabbage, julienne sliced
1/3 cup cranberries, dried
3 TBSP rice wine vinegar
3 TBSP sugar
1 TBSP white wine vinegar
1/8 tsp salt
1/4 tsp pepper
2 cups apples, unpeeled & sliced
1 tbsp pecan pieces, chopped
1 tsp canola oil

Preparation:

1. Shred or slice red cabbage and combine with cranberries in a large bowl.
2. In second bowl, whisk together rice vinegar, sugar, white wine vinegar, oil, salt and pepper.
3. Pour over cabbage mixture, tossing gently to coat.
4. Cover and chill for 2 hours. Add apples and toss to combine.
5. Sprinkle with pecans and serve.

Per 1 cup: 186 cal, 3 g fat, 0.2 g sat fat, 41 g carbs, 5 g fiber, 110 mg sodium, 2 g protein

Ginger Infused Cranberry Sauce

Yield: 1 cup

Ingredients:

1/4 cup dark brown sugar
2 tbsp water
1 tbsp honey
1 1/2 cup cranberries (fresh or frozen)
1 ea cinnamon stick
1/4 cup cranberry juice cocktail
2 tsp ginger root, freshly grated

Preparation:

1. Combine all ingredients in a saucepan over medium-high heat. Bring to a boil.
2. Reduce heat and simmer 10 minutes or until cranberries have popped. Stir occasionally.
3. Discard cinnamon stick, cool completely and refrigerate.
4. Portion size: 2 TBSP

Chef Tip: Add 1 tbsp citrus zest and swap orange juice in place of cranberry juice for an orange hinted cranberry sauce.

Per 2 tbsp: 50 cal, 0 g fat, 13 g carbs, 1 g fiber, 3 mg sodium, 0 g protein

Lemon Ricotta Parfait with Cranberry Compote

Yield: 4 parfaits

Ingredients:

½ cup	cranberries (fresh or frozen)
¼ cup	sugar
¼ each	orange
¼ each	lemon
4 ¼ oz.	ricotta cheese, part-skim
1 ¼ tsp.	sugar
¼ cup	whipped topping

Preparation:

1. Grate zest from lemons and set aside. Cut half of the lemon and squeeze the juice from lemon into a saucepan.
2. Peel orange, add peel to pan and squeeze in juice from orange.
3. Add cranberries and sugar, and bring to a gentle simmer, stirring until sugar has dissolved. Cook until cranberries are soft, about 15 minutes. Let cool and refrigerate for 1 hour.
4. Combine ricotta with remaining sugar and lemon zest.
5. Remove orange peel from cranberry compote, and discard. Set aside a few cranberries for garnish.
6. In mini cups or martini glasses place: 2 tbsp lemon ricotta, 2 tbsp cranberry compote, 2 tbsp lemon ricotta, 1 tbsp whipped topping and garnish with 1-2 cranberries.

These are great mini desserts to serve at dinner parties!

Per each: 124 cal, 4 g fat, 2 g sat fat, 21 g carbs, 1 g fiber, 32 mg sodium, 4 g protein

Quinoa Tofu Cranberry Pecan Lettuce Cups

Yield: 8 lettuce cups

Ingredients:

½ cup	quinoa, dry
1 ¼ cup	water
5 oz	tofu, cubed
3 tbsp	red onions, finely chopped
2 tbsp	scallions, freshly chopped
1 tsp	turmeric
½ tsp	coriander, ground
½ tsp	ginger, ground
1 tbsp	pecan pieces, chopped
¼ cup	dried cranberries
¼ tsp	salt & pepper
1 ea	grapefruit, peeled & sections
1 ½ tsp	canola oil
¼ cup	carrots, grated
1 ea	bibb lettuce head

Preparation:

1. Thoroughly rinse quinoa. Bring water and quinoa to a boil in a pot over medium heat. Reduce to a simmer, cover and cook for about 20 minutes.
2. While the quinoa is cooking, heat oil in a large skillet over medium-high heat and sauté tofu, onion, scallions, carrots, ginger, coriander, salt, pepper, and turmeric for about 2 minutes. Stir in cranberries and pecans. Toss with cooked quinoa and grapefruit sections. Chill.
3. Separate lettuce leaves from heads (2 per serving) and soak in ice cold water for 5 minutes. Fill each lettuce cup with 6 TBSP of quinoa/tofu mixture.

Per 2 ea: 228 cal, 7 g fat, 0.7 g fat, 35 g carbs, 5 g fiber, 201 mg sodium, 9 g protein

Roasted Turnip and Pecan Fall Salad

Yield: 2 cups

Ingredients:

4 tbsp hot water
2 tbsp dried cranberries
½ ea red delicious apple
2 tbsp golden raisins
<1/8 tsp salt and pepper
1 ½ tbsp olive oil
1 ¼ cup fresh turnips, diced
1 tbsp pecan halves, chopped
<1/8 tsp cayenne pepper

Preparation:

1. Preheat oven to 350F. Wash turnips and peel, dice into ¾ inch cubes. Toss turnips with 1 tsp olive oil, half the salt and half the pepper. Roast for 25 minutes on a sheet pan until tender and chill.
2. Wash, core (keep peel), and dice apple into ¾ inch cubes. Coat apples in 1 tsp oil and bake in oven for 10-12 minutes and chill.
3. Coat pecans with 1 tsp oil, cayenne and remaining salt and pepper. Toast for about 8 minutes.
4. In separate bowls, place raisins and cranberries with water and allow to rehydrate for 20 minutes. Drain water and reserve for assembly.
5. Mix together all chilled ingredient and serve.

Per ½ cup: 66 cal, 3 g fat, 0.4 g sat fat, 9 g carbs, 2 g fiber, 32 mg sodium, 0 g protein