

Cranberry Cherry Relish

12 oz bag of fresh cranberries
3/4 cup sugar (reduced from 1 cup in 2010)
1 whole orange peeled and chopped
zest of one orange
1 cup fresh squeezed orange juice
1 cup dried cherries

1. Pick through the cranberries, rinse, then drain well. Combine the cranberries, sugar, orange bits, orange juice and orange zest in a pan. Place over medium heat; boil slowly until the berries pop open, about 10 minutes.
2. Skim the foam off the surface with a metal spoon, stir in the cherries and let cool to room temperature. Cover and refrigerate. (It will last up to one month)

Serves 9. Per serving: 203 calories, 52 g CHO, 1 gm protein, no fat, no cholesterol.

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