How to eat:

- Fresh cranberries are very tart and their flavor can be balanced with oranges, apples and pears. Add some fruit juice or honey to a fruit salad with chopped fresh cranberries.

- Add fresh cranberries with your favorite 100% fruit juice to some sparkling/mineral water for a great refreshing drink.

- Add dried unsweetened cranberries to hot oatmeal, barley or cold cereal. They are also great with salads.

In the American diet, cranberries are usually reserved for Thanksgiving dinner, in cranberry sauce. But we shouldn't just have cranberries on Thanksgiving because they are so packed with nutrients they deserve a more regular place in our diets. There are many antioxidant phytonutrients in cranberries that help to reduce the risk of oxidative stress in the body. One cup of cranberries is just 46 calories, a good source of manganese and vitamin C, and 5 grams of fiber. When choosing fresh cranberries, look for plump ones that are firm to touch. Look for richly colored cranberries, they contain more phytonutrients. Fresh cranberries can be stored in the refrigerator for 3 weeks.

Cranberry Relish

Makes: 3 cups
10 servings
Ingredients:
1 bag fresh cranberries
1 whole navel orange, skin included
½ cup shelled pecans
¼ cup honey

Directions:
In a food processor add all of the ingredients and blend until you have a finely chopped mixture with a crunchy texture. Chill until ready to serve.

Nutrition Facts:
81 calories, 1g protein, 12g carbohydrate, 2g fiber, 10g sugar, 4g fat, 0g saturated fat, 0mg cholesterol, 1mg sodium.

Note:
This relish is great served with Thanksgiving dinner as a topping on turkey, or with leftovers on a turkey sandwich.
Veggie of the Month: Pumpkin

How to eat:

- Canned pumpkin is a great way to use pumpkin with out the hassle of cutting into one. Use canned pumpkin in your favorite baking recipe.

- Mix canned pumpkin into plain yogurt for a great pumpkin flavored yogurt! Add cinnamon and nutmeg for additional flavor.

- Roast fresh pumpkin. Cut and remove the rind and chop into bite sized pieces and drizzle with olive oil, salt and pepper. Roast until tender. Click here for more detailed instructions.

It's the season for pumpkin flavor everything! But did you know that fresh pumpkin has many great health benefits? 1 cup of fresh pumpkin has more than 200% of your recommended daily intake of vitamin A, an excellent source of vitamin C, only 49 calories, 3 grams of fiber and 563mg of potassium. Don’t forget about the seeds, they can be roasted for a great heart healthy snack. The antioxidant and anti-inflammatory benefits make pumpkin a great food for cancer prevention.

Pumpkin Stuffed Shells
Makes: 8 servings

Ingredients:
- 12 ounces jumbo shells
- 1 jar marinara sauce
- 5 ounces baby spinach
- 1 cup ricotta cheese
- 1 cup mozzarella cheese
- 15-ounce can pumpkin puree
- 1 teaspoon chili powder
- ¼ teaspoon ground nutmeg
- 1 ½ teaspoon chopped sage
- 1 ½ teaspoon kosher salt
- Fresh ground black pepper
- 1 egg
- ½ cup shredded parmesan cheese

Directions:
Preheat the oven to 375 degrees F. Cook pasta shells according to package directions. To make the filling, combine chopped spinach with ricotta, mozzarella, pumpkin, seasonings and egg. Stir to combine. Spread some marinara sauce on the bottom of a 9x13 baking pan. Fill each shell with the filling and arrange in the pan. Top each with parmesan cheese and bake until cheese is melted. Top with additional marinara sauce if preferred.

Nutrition Facts: 320 calories, 16g protein, 48g carbohydrate, 5g fiber, 7g fat, 3g saturated fat, 18mg cholesterol, 691mg sodium

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