



## Gingered Cranberry-Raspberry Relish

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Unlike cranberry sauce, a relish involves no cooking. Here, plump raspberries add a juicy freshness, while crystallized ginger provides sweetness and warmth. It is best served cold. Hold the mayo on your post-holiday sandwiches—use this relish instead for a real treat.

### Ingredients:

- 1 12-ounce package fresh cranberries
- ½ cup granulated sugar
- ½ cup crystallized ginger, minced, (choose soft nuggets over disks, if possible)
- 3 cups raspberries, (2 pints), fresh or frozen (not thawed)

### Directions:

Pulse cranberries in a food processor until coarsely chopped. Transfer to a medium bowl. Stir in sugar and crystallized ginger. Gently stir in raspberries; it's fine to crush some of them. Cover and refrigerate for at least 3 hours to let the flavors combine.

**Yield:** 10 ¼-cup servings

**Nutritional Information:** 58 Calories; 0g Fat; 0g Sat; 0g Mono; 0mg Cholesterol; 15g Carbohydrates; 0g Protein; 2g Fiber; 2mg Sodium; 53mg Potassium

Recipe Source: EatingWell October/November 2006

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.