

CRANBERRIES

WILD RICE SALAD WITH CRANBERRIES AND PECANS

COST PER SERVING \$1.20
HANDS-ON 15 min.
TOTAL 3 hr. 15 min. / SERVES 6

- 1 cup fresh or frozen cranberries, thawed if frozen
- 1 cup sugar
- 1 cup wild rice, rinsed
- Salt and pepper
- $\frac{3}{4}$ cup coarsely chopped toasted pecans
- 3 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- 2 scallions, white and light green parts, thinly sliced

THESE RUBY GEMS CAN MAKE SO MUCH MORE THAN SAUCE.

CRANBERRY OAT BARS

COST PER SERVING 66¢ / HANDS-ON 30 min. / TOTAL 3 hr. / YIELDS 16 squares

- 2 cups fresh or frozen cranberries
- $\frac{1}{2}$ cup sugar
- 2 Tbsp. orange marmalade
- 2 tsp. finely grated lemon zest
- $1\frac{1}{2}$ cups rolled oats
- $1\frac{1}{2}$ cups all-purpose flour
- 1 cup packed light brown sugar
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 10 Tbsp. ($1\frac{1}{4}$ sticks) cold unsalted butter, cut into small pieces

① Combine cranberries, sugar, marmalade and zest in a small pan. Add 2 Tbsp. water; bring to a boil, stirring and slightly crushing berries. Reduce heat to medium-high; cook until reduced to 1 cup, 5 to 10 minutes, stirring often. Transfer to a bowl, partially cover and refrigerate until thoroughly chilled, at least

2 hours. (May be made up to 3 days in advance; keep covered and chilled.)

② Preheat oven to 350°F. Coat a 9-inch square baking pan with cooking spray. Line with foil, allowing an overhang of 2 inches; spray foil.

③ Combine oats, flour, brown sugar, baking powder and salt in a bowl. Use your fingers or a pastry blender to work butter into mixture until butter is the size of small peas.

④ Press $\frac{1}{2}$ of oat mixture in bottom of pan. Spread cranberry mixture evenly over crust. Crumble remaining oat mixture on top; pack down slightly. Bake until top and edges are lightly browned, approximately 30 minutes. Allow to cool completely before cutting.

PER SERVING (1 SQUARE) 223 Cal., 8g Fat (5g Sat.), 19mg Chol., 2g Fiber, 2g Pro., 37g Carb., 83mg Sod.

⑤ Cut each cranberry in half. Combine sugar and $\frac{1}{2}$ cup water in a small pan. Bring to a boil, stirring just until sugar has dissolved. Boil until clear but not thickened, about 1 minute. Remove from heat; stir in cranberries and let steep in syrup until bright red and softened, about 15 minutes. Strain and chill cranberries. (Reserve strained syrup for another use.)

⑥ Place rice in a large covered pan; pour in 1 quart water. Add 1 tsp. salt; bring to a boil. Reduce heat to medium-low and cover. Simmer until rice is tender and grains have started to open, 50 to 55 minutes. Drain well, rinse under cold water and drain again (you should have about 3 cups total).

⑦ Transfer rice to a large bowl. Add cranberries, pecans, oil, vinegar and scallions. Mix gently; season with salt and pepper. Cover and refrigerate for at least 2 hours. Serve cold.

PER SERVING 391 Cal., 17g Fat (2g Sat.), 0mg Chol., 4g Fiber, 5g Pro., 58g Carb., 398mg Sod.