



**Menu Makers Recipes for
Concentrated Cranberry Juice and Fresh Apples**



Brenda's Cranberry Marinade



Three Cranberry Drinks



Cranberry Vinaigrette



Sausage-Apple Skewers



Fresh Apple Salsa



Apple Bread



Menu Makers Recipes for Concentrated Cranberry Juice and Fresh Apples

Cranberry Vinaigrette

You will need:

$\frac{1}{4}$ cup cranberry juice concentrate	$\frac{1}{4}$ cup water	2 tbsp. salad oil
1 tbsp. red wine vinegar	1 tsp. sugar	$\frac{1}{2}$ tsp. salt

Instructions:

- Mix all ingredients together. Place mixture into a jar with a lid. Shake vigorously.
- Serve with salad of choice.

Brenda's Cranberry Marinade

You will need:

$\frac{1}{2}$ cup cranberry juice concentrate	$\frac{1}{2}$ cup water	$\frac{1}{4}$ cup heated honey
1 tbsp. lime juice	4 - 5 dashes of hot sauce	2 tbsp. olive oil
1 tbsp. garlic powder	$\frac{1}{2}$ cup soy sauce	1 tbsp. onion powder
1 tbsp. lemon juice	1 tsp. ground black pepper	2 - 4 pork chops

Instructions:

- Place all ingredients into a mixing bowl. Whisk all ingredients together. Set aside $\frac{1}{3}$ cup of mixture.
- Pour rest of mixture into a gallon size zip lock baggie. Add pork chops. Marinate for 1 hour.
- Discard remaining marinade in baggie. Grill chops until meat is no longer pink inside; remove from grill.
- Brush tops of chops with the set aside marinade. Serve.

Grandmommy's Popsicles

You will need:

$\frac{1}{2}$ cup cranberry juice concentrate	$\frac{1}{2}$ cup water	1 cup frozen raspberries or strawberries
$\frac{1}{3}$ cup Greek-style yogurt	1 tsp. fresh lemon juice	1 tsp. fresh lemon zest

8 craft sticks and molds for homemade popsicles

Instructions:

- Combine all ingredients in blender. Cover; blend on high speed until smooth; 15 - 20 seconds.
- Pour into freezer molds. Cover, insert sticks. Freeze for about 2 hours or until completely firm.

Three Cranberry Drinks

You will need:

- 1) Mix $\frac{1}{3}$ cup cranberry concentrate with $\frac{1}{3}$ cup water, and 1 cup 7up. Add 2 tsp. concentrated orange or pineapple juice.
- 2) Mix $\frac{1}{2}$ cup apple cider, $\frac{1}{4}$ cup cranberry concentrate, $\frac{1}{2}$ cup water, a dash of cinnamon, brown sugar, and ground cloves. Place in microwave to warm.
- 3) In a blender, mix $\frac{1}{2}$ cup cranberry concentrate with 2 cups frozen unsweetened strawberries, 1 cup frozen unsweetened raspberries, and $\frac{3}{4}$ cup plain yogurt. Serve immediately.



Fresh Produce - Fresh Ideas

Apple Bread

You will need:

3 cups of chopped apples	$\frac{3}{4}$ cups shortening	1.5 cups granulated sugar
3 eggs	1.5 tsp. baking soda	1.5 tsp. vanilla
3 tbsp. sour milk (Add 1 tsp. white vinegar to milk to make sour milk.)		2 tsp. ground cinnamon
3 cups flour	$\frac{3}{4}$ tsp. salt	

You will also need these for topping mix:

4 tbsp. butter	4 tbsp. brown sugar	4 tbsp. flour	1/5 tsp. ground cinnamon
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Instructions:

- Cream shortening with sugar. Add eggs, one at a time. Dissolve baking soda in sour milk; add vanilla.
- Stir well into creamed mixture. Add flour, salt, and cinnamon. Mix in apples.
- Pour into 2 greased loaf pans. Combine topping ingredients; spread evenly over batter.
- Bake at 325 degrees F for 60 minutes or until test done. Start checking at 50 minutes.

Fresh Apple Cake

You will need:

3 cups peeled and chopped apples	1 cup vegetable oil	2 cups sugar
3 eggs	3 cups flour	1 tsp. baking powder
2 tsp. vanilla	1 cup chopped pecans, optional	

Instructions:

- Preheat oven to 350 degrees F. Combine oil, sugar, and eggs. Add vanilla. Stir in flour and soda.
- Add nuts and apples. Spread in greased loaf pan. Bake at 350 degrees F. for 45 - 50 minutes.
- Check at 40 minutes. When cooled, cake may be frosted.

Sausage-Apple Skewers

You will need:

2 - 3 apples, cut into 1" chunks	6 bratwurst	1 red onion, thickly sliced	1/3 cup oil
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Instructions:

- Thread 1-inch chunks of apple, bratwurst, and red onion on skewers; brush with oil.
- Grill over medium-high heat, turning until lightly charred; about 10 minutes.

Apple Salsa

You will need:

2 cups tart apples, peeled and diced	$\frac{1}{2}$ cup diced red bell pepper	1/3 cup fresh lime juice
$\frac{1}{4}$ cup diced red onion	$\frac{1}{4}$ cup minced fresh cilantro	1 tbsp. honey
1 jalapeño pepper, seeded and minced	$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ tsp. pepper

Instructions:

- Combine all ingredients, stirring well.