



## Recipes for Peanut Butter and Fresh Cranberries



Peanut Butter Banana Dip



Peanut Butter Popcorn



Fancy Grilled PB&J Sandwich



Cranberry Turkey Sandwich



Cranberry Apple Pie Crisp



Best Ever Cranberry Relish



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### Peanut Butter Banana Dip

**You will need:**

$\frac{1}{4}$  cup creamy peanut butter      1 (6 oz.) container vanilla low-fat yogurt      1 medium banana, chopped  
 $\frac{1}{4}$  tsp. ground cinnamon      1 cup pretzel sticks

**Instructions:**

- In a medium bowl, combine all ingredients except pretzels. Mix well. Serve dip with pretzels.

### Grilled Peanut Butter Chicken

**You will need:**

2 tbsp. creamy peanut butter      2-1/2 lbs. boneless, skinless chicken breasts      2 tbsp. olive oil  
 $\frac{1}{4}$  cup ginger-flavored soy sauce      chopped green onion and roasted peanuts (garnish)      1 tbsp. lime zest  
2 tbsp. light brown sugar      3 garlic cloves, finely chopped      3 tbsp. rice vinegar

**Instructions:**

- Whisk together soy sauce, peanut butter, vinegar, brown sugar, oil, lime zest, and garlic.
- Place chicken in a plastic zip-top bag. Pour soy mixture over chicken. Refrigerate for 2 - 12 hours.
- Remove chicken from marinade, discard marinade. Prepare grill for medium heat.
- Grill chicken for 20 minutes or until cooked through. Turn every 10 minutes.
- Garnish with green onions and peanuts, if desired.

### Fancy Grilled PB&J Sandwich

**You will need:**

3 tsp. peanut butter      2 tsp. butter      2 slices white bread      2 tsp. any flavor fruit jelly  
2 tsp. cream cheese, softened      banana, cooked bacon, hot sauce, chips, strawberry preserves, optional

**Instructions:**

- Heat griddle or skillet to 350 degrees F. Spread butter on one side of each piece of bread.
- Spread peanut butter on unbuttered side of one piece of bread.
- Spread jelly and cream cheese on the other piece of bread. Add bacon, banana, or chips if desired.
- Place one slice buttered side down on the griddle.
- Top with other slice so peanut butter, cream cheese, and jelly are in the middle.
- Cook for 4 minutes on each side, or until golden brown and heated through.
- Mix  $\frac{1}{2}$  cup strawberry preserves with 1 tsp. hot pepper sauce and serve as a sauce for dipping.

### Peanut Butter Popcorn

**You will need:**

$\frac{3}{4}$  cup creamy peanut butter       $\frac{3}{4}$  cup brown sugar       $\frac{3}{4}$  cup syrup  
 $\frac{1}{2}$  tsp. salt      1 bag microwavable popcorn cooked according to package instructions (about 7 cups)

**Instructions:**

- Pop the popcorn. **Remove unpopped kernels.**
- In a small saucepan over medium heat, combine corn syrup and brown sugar.
- Bring to a boil and boil 3 minutes, stirring occasionally until sugar is dissolved.
- Remove from heat and add peanut butter and salt. Whisk until smooth.
- Pour peanut butter mixture over popped popcorn. Quickly and gently, stir popcorn until coated.
- Pour onto parchment lined baking sheet and cool for 5 minutes.

## Recipes for Fresh Cranberries

### Classic Cranberry Sauce

**You will need:**

4 cups fresh cranberries	1-1/2 cups sugar	1-1/2 cups water
4 wide strips of lemon zest	1/4 cup lemon juice	

**Instructions:**

- Add all ingredients to a medium size sauce pan.
- Simmer over medium heat until the berries pop and the sauce thickens, about 20 minutes. Cool.

### Best Ever Cranberry Orange Relish

**You will need:**

1 bag fresh cranberries, washed	1 unpeeled orange, washed, quartered, seeded	$\frac{1}{2}$ cup sugar
1 cup finely chopped walnuts	1 large unpeeled apple, washed, quartered, seeded	$\frac{1}{2}$ cup light corn syrup

**Instructions:**

- Chopped cranberries, walnuts, apple, and orange separately using a food processor, blender, or by hand.
- If using a blender, chop small amounts at a time. Chop into fine or medium pieces.
- Mix sugar and light corn syrup together. Add more sugar if desired.
- Mix all ingredients together. Chill several hours before serving. Refrigerates well for several days.

### Cranberry Turkey Salad

**You will need:**

1 cup fresh cranberries, washed and chopped	$\frac{1}{2}$ cup mayonnaise	1 tbsp. Dijon mustard
3 cups cooked turkey or chicken, chopped	juice from $\frac{1}{2}$ lemon	$\frac{1}{2}$ cup walnuts, chopped
$\frac{1}{2}$ cup celery, chopped	3 tbsp. red onion, chopped	3 tbsp. parsley, chopped
		salt and pepper to taste

**Instructions:**

- Blend mayonnaise, mustard, lemon juice, salt, and pepper together. Set aside
- In a medium bowl add all the rest of the ingredients together. Stir in the mayonnaise mixture.
- Serve as a salad or a sandwich filler. May also add to precooked and cooled pasta. Serve chilled.

### Cranberry Apple Pie Crisp

**You will need:**

1 cup fresh cranberries	5 cups thinly sliced, cored cooking apples	2 tbsp. sugar
$\frac{1}{2}$ tsp. ground cinnamon	$\frac{1}{2}$ cup quick cooking rolled oats	3 tbsp. packed brown sugar
2 tbsp. all-purpose flour	$\frac{1}{2}$ tsp. ground cinnamon	2 tbsp. butter

**Instructions:**

- Preheat oven to 375 degrees F. In a 2-quart greased baking dish combine apples and cranberries.
- In a small bowl stir together granulated sugar and  $\frac{1}{2}$  tsp. cinnamon.
- Sprinkle over fruit mixture and toss.
- In a medium bowl combine oats, brown sugar, flour, and  $\frac{1}{2}$  tsp. cinnamon.
- Using pastry blender or a fork cut in butter until crumbly.
- Sprinkle oat mixture evenly over apple mixture. Bake, uncovered for 35 - 40 min. until apples are soft.
- Serve warm. Ice cream or whipped cream is optional.