Cranberry Salsa

This recipe is for those of you who like a little zip to your cranberry sauce.

Serves: 6
Makes 2 cups

"2 cups fresh or frozen whole cranberries
"1 orange, peeled and chopped
"1 tablespoon grated orange peel
"1 tablespoon minced fresh gingerroot
"1 tablespoon chopped fresh parsley
"1 tablespoon chopped fresh cilantro
"1 jalapeño pepper, seeded and chopped
"1/3 cup honey
"2 tablespoons frozen orange juice concentrate, thawed

Coarsely chop cranberries in food processor. Add orange, orange peel, ginger, parsley, cilantro and jalapeño pepper; process 30 to 40 seconds or until mixture is coarsely chopped. Add honey and orange juice concentrate; process about 5 seconds more. Serve with turkey, chicken.

| Per Serving: | 95 Calories; |
| trace Fat (1.1% calories from fat); | trace Saturated Fat; |
| 1g Protein; | 25g Carbohydrate; |
| 2g Dietary Fiber; | 0g Cholesterol; |
| 2mg sodium | 

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