

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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