Recipe For Health | NOVEMBER 2020

NANCY ALLEN'S CRANBERRY ORANGE RELISH

"This first recipe is my Mom's Orange-Cranberry Relish recipe. It was passed down to her by her mother, who received it from her mother, my mom's Grandmother. I think of all of them when I prepare this simple, traditional, cherished holiday recipe."

Featured Food: Nancy's Recipe

Yield: 8-10

Ingredients

1 Navel Orange

12 oz fresh Cranberries

½ cup White Sugar

1/8 tsp ground Cinnamon

Preparation

Grate 2 teaspoons zest from orange peel. Discard remaining peel. Divide Navel Orange into sections. Place orange sections, orange zest, cranberries, sugar, and cinnamon in food processor. Pulse until finely chopped. Sweeten with white sugar to personal taste. Transfer to serving bowl. Cover. Refrigerate at least 2 hours* to allow the flavors to blend.

*This recipe can be prepared up to 24 hours ahead of the day you plan to serve it. Leftover relish will maintain its taste and texture for ~ one week if kept refrigerated.