



Recipe

Spiced Cranberry Sauce with Chardonnay and Orange Zest

Serves 8 to 10

This tart sauce has a hint of spice that enriches the flavor of the cranberries. Serve with turkey and dressing or spoon it over ice cream, yogurt, pancakes or waffles.

Ingredients:

- 10 ounces (about 3 cups) fresh or frozen cranberries
- 1 cup dry chardonnay
- 1/3 cup sugar
- 1 teaspoon orange zest
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg

Method:

1. In a small pot, combine cranberries, chardonnay, sugar, zest, ginger and nutmeg, cover and simmer for 15 minutes.
2. Using a potato masher or whisk, mash sauce until most of the cranberries pop.
3. Cook, uncovered, until thickened, about 15 minutes more.
4. Serve hot or room temperature.

Nutrition

Per serving (about 2oz/70g-wt.): 70 calories (0 from fat), 0g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 12g total carbohydrate (1g dietary fiber, 10g sugar), 0g protein



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