



Makes 3 cups
Preparation Time: 10 minutes
Cook Time: 4 hours

INGREDIENTS:

- 1 cup frozen cranberries, thawed
- 1 firm ripe pear, quartered
- 1 orange, cut into 8 pieces
- ¼ cup apple juice-sweetened dried cranberries
- 2 tablespoons pure maple syrup
- 2 teaspoons grated fresh ginger

Cranberry-Pear Relish

Make this Cranberry-Pear Relish a day ahead of when you plan on serving it. It takes 10 minutes to make but needs 4 hours for the flavors to meld.

By Nancy Macklin, RDN

- 1** In a food processor combine the first four ingredients (through dried cranberries). Cover and pulse until finely chopped.
- 2** Transfer fruit mixture to a medium bowl. Stir in maple syrup and ginger. Chill, covered, 4 to 24 hours before serving.