



## STRONG Heart Program Recipe-of-the-Month

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### Sugared Cranberries

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Recipe from *Cooking Light*, December 2003  
Ingredients compliments of Lori's Natural Foods

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#### Ingredients:

2 cups granulated sugar

2 cups water

2 cups fresh cranberries

¼ cup superfine sugar

(superfine sugar can be made by processing granulated sugar in a food processor for 1 minute)

#### Directions:

1. Combine granulated sugar and water in a small saucepan over low heat, stirring mixture until sugar dissolves. Bring to a simmer, remove from heat. (Do not boil or the cranberries may pop when added.) Stir in cranberries, pour mixture into a bowl. Cover and refrigerate 8 hours or overnight.
2. Drain cranberries in a colander over a bowl, reserving steeping liquid, if desired. Place superfine sugar in a shallow dish. Add the cranberries, rolling to coat with sugar. Spread sugared cranberries in a single layer on a baking sheet, let stand at room temperature 1 hour or until dry.

**Servings:** 9    **Serving Size:** about ¼ cup

**Nutrition Information:** 118 calories, 0g fat, 0g sat. fat, 0mg cholesterol, 0mg sodium, 30g carbohydrate, 1g fiber, 0g protein

**Note:** Store in an airtight container in a cool dry place for up to a week