

Cranberry-Blueberry Relish

Yield: 2 cups

1 orange
1 jalapeno, quartered and seeded
2/3 to 1 cup granulated sugar
1 bag (12 ounce) fresh or frozen cranberries
1 cup frozen blueberries
pinch salt

Use a zester or microplane grater to scrape the zest of the orange into the bowl of a food processor. Use a knife to cut away the skin of the orange, then pop the fruit segments and juice into the food processor. (Remove any seeds that fall in.)

Add the jalapeno and pulse to chop.

Add the smaller amount of sugar. Pulse a few more times.

Add the cranberries and pulse just enough to coarsely chop some of the berries, leaving others whole.

Transfer the mixture to a saucepan. Add the blueberries and a pinch of salt. Stir and taste; add more sugar, if needed. Heat the mixture over medium-high heat, stirring occasionally, until it comes to a simmer.

Remove from the heat, transfer to a glass bowl or jar, and chill until serving time.

Per Serving (excluding unknown items): 656 Calories; 1g Fat (1.6% calories from fat); 2g Protein; 167g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 2 1/2 Fruit; 0 Fat; 9 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	656	Vitamin B6 (mg):	.2mg
% Calories from Fat:	1.6%	Vitamin B12 (mcg):	0mcg
			.2mg

% Calories from Carbohydrates: 97.2%
 % Calories from Protein: 1.2%
 Total Fat (g): 1g
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 167g
 Dietary Fiber (g): 8g
 Protein (g): 2g
 Sodium (mg): 3mg
 Potassium (mg): 354mg
 Calcium (mg): 68mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 80mg
 Vitamin A (i.u.): 424IU
 Vitamin A (r.e.): 43RE

Thiamin B1 (mg):
 Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 57mcg
 Niacin (mg): 1mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refused: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 2 1/2
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 9

Nutrition Facts

Amount Per Serving

Calories 656 Calories from Fat: 10

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	167g	56%
Dietary Fiber	8g	31%
Protein	2g	
Vitamin A		8%
Vitamin C		133%
Calcium		7%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.