



Cranberry Pancakes

Servings: 4

Ingredients:

- 2 cups pancake mix
- 2 eggs
- $\frac{3}{4}$ cup skim or low-fat milk
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup whole berry cranberry sauce
- Nonstick cooking spray to grease skillet

Optional Syrup

- $\frac{1}{2}$ cup whole berry cranberry sauce
- $\frac{1}{4}$ cup maple syrup

Directions:

1. Wash hands and surfaces.
2. Preheat skillet over medium to medium-high heat.
3. Mix dry pancake mix, eggs, milk, vanilla and $\frac{1}{2}$ cup cranberry sauce in a large mixing bowl.
4. Spray skillet with nonstick cooking spray, and pour in $\frac{1}{4}$ cup of batter per pancake. Cook pancakes for 2-3 minutes per side.
5. To make the syrup: Combine $\frac{1}{2}$ cup cranberry sauce and $\frac{1}{4}$ cup maple syrup in a small saucepan. Warm over low heat while the pancakes cook.
6. Serve pancakes and drizzle with syrup of your choice, or top with fresh berries!
7. Enjoy! Refrigerate leftovers immediately.

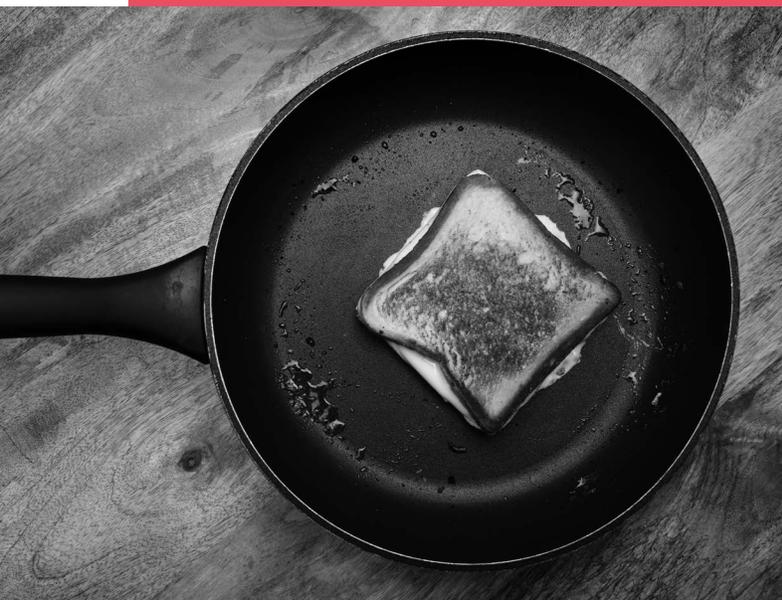


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Substitute homemade cranberry sauce by using the preparation instructions below:

- Place 3 cups fresh cranberries (12 ounces; can also use frozen), 1 orange and 1 cup of sugar in a blender.
- Blend until mixed well.
- Heat and use in one of the above recipes or serve over turkey, ice cream sandwiches, etc.

Adapted from USDA, [whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/homemade-cranberry-sauce](https://www.ams.usda.gov/recipessupplemental-nutrition-assistance-program-snap/homemade-cranberry-sauce)



COOKING TERMS

BEAT: To mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible.

BLEND: To thoroughly incorporate two or more ingredients.

BOIL: To heat a liquid until bubbles break continually on the surface.

CHOP: To cut solids into pieces with a sharp knife or other chopping device. To finely chop is to chop solids into small pieces.

Cranberry and Chicken Grilled Cheese Sandwiches

Servings: 4

Ingredients:

- 8 slices whole-grain or whole-wheat bread
- 4 tablespoons regular mustard*
- 4 tablespoons jellied cranberry sauce, divided into 4 servings
- 8 slices American cheese*, divided into 4 servings
- 1 can (12.5 ounces) chicken, shredded and divided into 4 servings
- 6 tablespoons unsalted margarine at room temperature, divided

*May replace with another type of the listed ingredient

Directions:

1. Wash hands and surfaces.
2. Spread four slices of bread with cranberry sauce.
3. Top each slice with a serving of cheese and chicken.
4. Spread the remaining four slices of bread with mustard, and place on top of chicken, cheese and cranberry sauce to make sandwiches.
5. Spread top of all four sandwiches with 1 tablespoon each of margarine, spreading the margarine all the way to the edges of the bread.
6. Heat a large skillet over medium heat.
7. Melt 1 tablespoon of the remaining margarine in skillet.
8. Place two sandwiches in skillet, pressing down lightly with the back of a spatula. Cover and cook until golden brown, about 2-3 minutes per side.
9. Repeat Steps 7 and 8 with remaining margarine and sandwiches.
10. Serve hot.
11. Enjoy! Refrigerate leftovers immediately.

MEASUREMENT EQUIVALENTS

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅛ tablespoons	= ⅓ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

Cran-Apple Crisp

Servings: 8

Ingredients:

- 1 can (20 ounces) apple pie filling
- 1 can (14 ounces) whole berry cranberry sauce
- 1 tablespoon margarine, melted
- 1 cup rolled oats, quick-cooking or old-fashioned

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 400 degrees F.
3. In a bowl, combine the apple pie filling and whole berry cranberry sauce. Pour into an 8 x 8-inch baking pan.
4. Combine melted margarine with oatmeal until well blended. Sprinkle over apple-cranberry mixture.
5. Bake 10 minutes, or until the topping is crisp and brown.
6. Serve warm or cold.
7. Enjoy! Refrigerate leftovers immediately.



Adapted from USDA, whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cran-apple-crisp

Cranberry Stuffing

Servings: 6

Ingredients:

- 1 can (14 ounces) low-sodium chicken broth
- 1 stalk celery, coarsely chopped (about ½ cup)
- ¾ cup whole berry cranberry sauce (about half a 14-ounce can)
- ½ small onion, coarsely chopped (about ¼ cup)
- 1 box (6 ounces) stuffing mix, flavor of choice

Directions:

1. Wash hands and surfaces.
2. Stir the broth, celery, cranberry sauce and onion in a 3-quart saucepan. Heat over medium-high heat until contents come to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the vegetables are tender.
3. Take saucepan off heat and gently mix in stuffing until moist.
4. Let stuffing soak up extra liquid before serving, about 10 minutes.
5. Enjoy! Refrigerate leftovers immediately.

Note: Can use water or prepared bouillon cubes instead of canned chicken broth.



Cranberry Oatmeal Bars

Servings: 24 bars

Ingredients:

- 2 cups old-fashioned rolled oats
- 1 box (15.25 ounces) white cake mix
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup cold, unsalted margarine, cut into small pieces
- 1 can (14 ounces) whole berry cranberry sauce, or 1½ cups homemade cranberry sauce

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. In a large bowl, mix together the oats, cake mix, baking soda, salt and butter. Use your fingers to rub in the butter until everything is moistened and no pieces are bigger than the oats.
4. Spoon three-quarters of the oat mixture into a 13 x 9-inch baking pan. Press down firmly on the mixture to form a firm layer that evenly covers the bottom of the pan.
5. Add the cranberry sauce in dollops, spreading it in a thin layer over the oat layer. Sprinkle with the remaining oat mixture.
6. Bake for 25-28 minutes, or until the top just starts to turn golden brown.
7. Allow to cool in the pan on a wire rack. Cut into eight strips along the length of the pan and three strips along the width to yield 24 bars.
8. Enjoy! Refrigerate leftovers immediately.



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