



## **Cranberry-Apple Compote**

### **INGREDIENTS:**

- 1 c. orange juice
- 1 t. grated orange rind
- 1 (3-inch) cinnamon stick
- 4 c. fresh or frozen cranberries
- 1¼ c. diced peeled Granny Smith apple
- ½ c. maple syrup

### **METHOD:**

Combine the first 3 ingredients in a large saucepan; bring to a boil, and cook 5 minutes or until reduced to 1/2 cup. Add the cranberries and diced apple; cook over medium heat 10 minutes, stirring occasionally. Stir in syrup, and cook an additional 5 minutes. Discard the cinnamon stick. Serve compote at room temperature. Yields 9 servings (serving size: 1/3 cup).

### **Nutritional Information:**

CALORIES 99(1% from fat); FAT 0.2g (sat 0.0g,mono 0.0g,poly 0.1g); PROTEIN 0.4g; CHOLESTEROL 0.0mg; CALCIUM 20mg; SODIUM 3mg; FIBER 1.1g; IRON 0.4mg; CARBOHYDRATE 25.2g

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