

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 12: Zesty Cranberry Sauce

From Chef Hans: Food is medicine and we want it to be fresh and exciting. Cranberries have vitamin C, antioxidants, and they have an acidic “pop” that we all love! This is my take on a healthy cranberry sauce, in lieu of the sugar-based “canberry” sauce.

Serves 2 - 4

INGREDIENTS:

- 1 12 oz. bag fresh or frozen cranberries
- ½ cup honey
- ½ cup apple juice or orange juice
- 1 organic orange: zest the entire orange then peel and chop (Note: non-organic oranges have a layer of wax that are not good for zesting.)

DIRECTIONS:

In a medium pot, on medium-high heat, combine all ingredients. Remain on a medium-high heat and let come to a boil. Stir every few minutes until the cranberries begin to pop. Once your first few cranberries pop, and the sauce has thickened, then it is ready. Serve hot or chilled as a side serving at any meal or use in vinaigrette salad dressing!