

Fabulous Food

The Little Wonderberry Adds Big Flavor To Seasonal Recipes

(NAPSA)—The cranberry's beautiful deep-red color and tangy taste makes this "wonderberry" one of the most versatile ingredients for kitchen creations, from sweet Halloween treats to savory turkeys.

When Halloween season creeps in, send your little goblins and princesses off to their haunted house parties with some festive Craisins® Halloween treats in hand, such as Ooglie Eyeballs brownie desserts. Or serve refreshing Ghoulishly Grape Punch, made with Ocean Spray® Cran•Grape®, after a long night of trick-or-treating. For the Halloween party hostess, bring a festive tray of Cranberry Nut Bars.

When the fall holiday focus turns to Thanksgiving, let cranberries take center stage. One way to guarantee a moist flavorful bird is to use the White Cranberry Brined Turkey recipe. As a complement, try Ocean Spray's simple Homemade Cranberry Sauce recipe.

One of the best things about Thanksgiving is the leftovers. More than 67 percent of people eat a post-Thanksgiving Day turkey sandwich, and 47 percent of those sandwiches include cranberry sauce.

Cranberries add nutrition to any meal as they have more disease-fighting anti-oxidants per gram than most other fruit and they contain proanthocyanidins, or PACs, all-natural compounds that keep certain bacteria from sticking in the body.

Visit www.oceanspray.com for great recipes and meal-planning tips. In November, you can request a copy of Ocean Spray's "12 Months of Cranberry" booklet.

Ghoulishly Grape Punch

1 64-ounce bottle Ocean Spray® Cran•Grape® Grape Cranberry Juice Drink, chilled



Cranberries add flavor and nutrition to a variety of seasonal recipes.

4 cups grape-flavored ginger ale, chilled
1 pint lime sherbet or sorbet

Combine juice drink and ginger ale in a large punch bowl. Spoon scoops of sherbet into bowl. Makes 24 4-ounce servings.

Cranberry Nut Bars

2 eggs
1 cup sugar
1 cup flour
½ cup butter or margarine, melted
¼ cups Ocean Spray® Fresh or Frozen Cranberries
½ cup chopped walnuts

Preheat oven to 350° F. Grease an 8-inch baking pan. Beat eggs in a medium mixing bowl until thick. Gradually add sugar, beating until thoroughly blended. Stir in flour and melted butter; blend well. Add cranberries and walnuts, mixing gently just until combined. Spread evenly in pan. Bake for 40 to 45 minutes or until golden brown and a toothpick inserted into the center comes out clean. Cool and cut into bars. Makes 16 servings.

White Cranberry Brined Turkey

2 64-ounce bottles Ocean Spray® White Cranberry Juice Drink
1 gallon water
2 cups Kosher salt
1 cup sugar
2 tablespoons whole black peppercorns
8 cloves garlic, crushed
8 bay leaves
1 8 to 12-pound whole turkey, neck and giblets reserved for another use

Mix all ingredients, except turkey, in a 13½-quart stockpot until salt and sugar are mostly dissolved. Submerge turkey in brine. Refrigerate turkey in covered stockpot for 12 to 18 hours. Discard brine. Dry turkey with paper towels. Preheat oven to 325° F. Roast unstuffed turkey for 2¼ to 3 hours or until internal temperature of the thigh reaches 180° F.

Homemade Whole Berry Cranberry Sauce

1 cup sugar
1 cup water
1 12-ounce package Ocean Spray® Fresh or Frozen Cranberries, rinsed and drained

Combine water and sugar in a medium saucepan. Bring to boil; add cranberries, return to boil. Reduce heat and boil gently for 10 minutes, stirring occasionally. Cover and cool completely at room temperature. Refrigerate until serving time. Makes 2¼ cups.

Visit www.oceanspray.com or call Ocean Spray's Consumer Affairs line at (800) 662-3263 to request a copy of the "12 Months of Cranberry" booklet filled with recipes, cranberry facts and craft ideas.