

# Cooking Corner Tips To Help You

## Zesty Blueberry Relish For Easy Entertaining

(NAPSA)—“Quick Blueberry-Cranberry Relish” is one of those versatile recipes you can make in a snap and use often. In this simple three-ingredient relish, blueberries add a special touch to meals or appetizers.

When it's party time, spoon the relish over warm Brie or a brick of cream cheese and serve with crisp toasts or crackers. For special holiday meals, serve the relish with turkey or ham, in place of ordinary cranberry sauce.

Blueberries combine the best that nature has to offer: good nutrients and luscious flavor. A cup of blueberries has just 80 calories and provides fiber, vitamin C and manganese, which our bodies need. And you don't have to wait for summer for fresh blueberries. They are imported from South America between October and April, so you'll find a good supply of fresh and frozen blueberries year-round in your market.

For more nutrition information and great recipes, visit [www.blueberry.org](http://www.blueberry.org) or send a stamped, self-addressed envelope to: Blueberry Recipes, U.S. Highbush Blueberry Council, 2390 E. Bidwell St., #300, Folsom, CA 95630.



**Three-ingredient Quick Blueberry-Cranberry Relish served with Brie is party perfect.**

### **QUICK BLUEBERRY-CRANBERRY RELISH**

- 1 can (8 ounces) whole-berry cranberry sauce**
- 1 cup fresh or frozen blueberries**
- ½ cup chopped walnuts or pecans**

**In a medium-sized microwave-safe dish, place cranberry sauce. Microwave on high power until melted, 60 to 80 seconds. Remove from microwave; fold in blueberries and nuts. Serve warm or cover and refrigerate until ready to serve.**

**YIELD: 16 portions (about 2 tablespoons each)**

**Per portion: 50 calories, 7 g carbohydrate, 2 g total fat, 0 g saturated fat**