



# GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

## TEFAP CINNAMON APPLE CRANBERRY SAUCE

Makes 12 Servings

### Ingredients

- 2 cups cranberry juice
- 1 1/2 cups sweetened dried cranberries
- 1 teaspoon ground cinnamon
- 1/2 cup sugar
- 2 apples, washed, cored and diced, with peel on
- 2 teaspoons cornstarch



### Directions

1. In a medium saucepan over medium heat, stir together the cranberry juice, dried cranberries, cinnamon and sugar. Bring to a boil, and let cook for 5 minutes.
2. Add apples and cook, stirring occasionally, until the cranberries have softened and apples are tender, about 5 minutes.
3. Pour 1 cup of the liquid from the apple mix into a small bowl. Whisk in the cornstarch. Slowly add the cornstarch-juice mixture back to the cranberry-apple mixture in the pan, stirring constantly. Cook for an additional 5 minutes.
4. Remove from heat and pour into a serving bowl. Refrigerate until thickened, about 30 minutes. Serve as a side dish for meat or poultry. Cover and refrigerate leftovers.

## NUTRITION CLASSES NOW ONLINE

SNAP-Ed or Supplemental Nutrition Assistance Program Education is excited to offer Nutrition Classes online! SNAP-Ed Classes will help you make changes to achieve good nutrition, improve fruit and vegetable intake, increase physical activity, and stretch your food dollars!

Our Nutrition Educators can teach classes for you and your family over Zoom.

These **CLASSES** are **FREE** if you and your family qualify for FDIPIR, Free and Reduced Lunch Program, Head Start, Medicaid/Kancare, SNAP, TANF, TEFAP, or WIC.

Contact Ann Katt at amkatt1@ksu.edu or Courtney Angelo at cjangelo@ksu.edu. You can also visit our website at <https://www.geary.k-state.edu/health-home-family/family-nutrition-program.html>

## HOLIDAY FOOD SAFETY

The holidays are special events that typically involve an abundance of food. To prevent giving the gift of foodborne illness, use these tips to help prepare holiday meals safely!

- Cook eggs until both the yolk and white are firm.
- Dishes should be cooked to an internal temperature of 160°F (71°C) or hotter.
- Eat or refrigerate meat, eggs and foods containing eggs promptly after cooking.
- Wash hands and items that touched raw eggs or raw meat with soap and water.

For more information about preventing foodborne illness and food safety, visit <https://www.ksre.k-state.edu/foodsafety/topics/holiday.html>

## APPLE CRANBERRY SAUCE NUTRITION INFORMATION

**Serving (94 grams)**  
**OR**  
**1/12 of the Recipe**

Calories 110  
Total Fat 0 g  
Saturated Fat 0 g  
Cholesterol 0 mg  
Sodium 5 mg

Total Carbohydrate 29 g  
Dietary Fiber 2 g  
Total Sugars 25 g  
Protein 0 g

DEB ANDRES  
EXTENSION AGENT  
  
FAMILY AND CONSUMER SCIENCES  
785-238-4161  
DANDRES1@KSU.EDU

ANN KATT  
SNAP-ED NUTRITION EDUCATOR  
  
785-579-4726  
AMKATT1@KSU.EDU

COURTNEY ANGELO  
SNAP-ED NUTRITION EDUCATOR  
  
785-579-4726  
CJANGELO@KSU.EDU

**K-STATE**  
Research and Extension



This institution is an equal opportunity provider.