



Local cranberry

Availability:
year-round

Benefits

→ **To boost your immune system!**

Cranberries are a great source of vitamins and antioxidants. They contain acids such as oxalic acid and citric acid, which give them their sour taste. Cranberries are said to be good for blood circulation, the skin and the digestive system.

→ **Because they keep for a long time!**

Approximately 90% of Canadian cranberries come from Quebec. Easy to find and store, this nutrient-rich berry adds lovely colour to your dishes! Cranberries can be frozen for over a year, so you can have them on hand whenever you need them. And dried cranberries make a tasty and handy snack!



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Cranberry gazpacho



PORTIONS : 4

10 MIN

Ingredients

- 500 ml (2 cups) fresh cranberries
- 500 ml (2 cups) cucumber, diced
- 500 ml (2 cups) tomato, diced
- 250 ml (1 cup) chicken broth
- Juice of one lime
- Fresh herbs to taste
- Salt and pepper to taste

Directions

- 1 Combine all the ingredients in the blender and process to the desired consistency.
- 2 Season to taste

Source : Julie Strecko, RD

Chicken and cranberry meatballs



PORTIONS : 24 MEATBALLS

10 MIN 15 MIN

Ingredients

- 400 g chicken, chopped
- 80 to 125 ml (1/3 to 1/2 cup) dried cranberries
- 60 ml (1/4 cup) bread crumbs
- 80 ml (1/3 cup) green onions, finely chopped
- 15 ml (1 tbsp) soy sauce
- 5 to 10 ml (1 to 2 tsp) fresh ginger
- 1 egg
- 2 gloves garlic, finely chopped
- Pepper to taste

Directions

- 1 Preheat the oven to 180°C (350°F).
- 2 Mix together all the ingredients in a bowl.
- 3 Shape into balls (about 24) and arrange on a parchment-lined baking sheet.
- 4 Cook in the oven for 15 to 20 min.

Source : Julie Strecko, RD

Tip!

- Cook cranberries in a small quantity of water in a covered pot to prevent splashing. The heat will make the berries expand and eventually pop.

