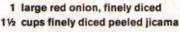
## **Uncooked Cranberry Relish**

## Yields about 31/2 cups

This recipe is adapted from chef-author Rick Bayless' Jicama Cranberry Relish, an easy, fast and healthful relish to which you add no sugar at all. Crunchy, zesty and fruity, it's a great palate pick-me-up on the Thanksgiving plate. It's best made within a few hours of serving. The more finely chopped the onions and jicama, the better the relish. Aim for 1/6-inch dice.



- 1 cup chopped dried cranberries
- Zest of an orange
- 3 tablespoons cider vinegar or erange juice

## Salt to taste

6 tablespoons coarsely chopped fresh cilantro (optional)



Instructions: Combine the onion, jicama, dried cranberries, zest and vinegar in a bowl. Taste and season with a little salt. Stir in the cilantro, if desired.

Per 1/4 cup: 35 calories, 0 protein, 9 g carbohydrate, 0 fat, 0 cholesterol, 1 mg sodium, 1 g fiber.