

## Uncooked Cranberry Relish

**Yields about 3½ 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 ⅛-inch dice.

**1 large red onion, finely diced**

**1½ cups finely diced peeled jicama**

**1 cup chopped dried cranberries**

**Zest of an orange**

**3 tablespoons cider vinegar or orange 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 ¼ cup:** 35 calories, 0 protein, 9 g carbohydrate, 0 fat, 0 cholesterol, 1 mg sodium, 1 g fiber.