



CRANBERRY DIP & CRACKERS

November 22

National Cranberry Relish Day

INGREDIENTS

- 12 Ounces Fresh Cranberries
- 2 Green Onions
- 1/4 Cup Cilantro Leaves
- 1/3 Cup Granulated Sugar
- 1 Teaspoon Ground Cumin

- 2 Tablespoons Lemon Juice
- 1 Teaspoom Kosher Salt
- 8 Ounces Cream Cheese
- 24 Cracker, Round, Savory (about 1¾" across; enriched or whole grain rich)

DIRECTIONS

- 1. In a medium bowl, finely chop fresh cranberries and add sliced green onions and cilantro leaves Sprinkle in granulated sugar, ground cumin, and kosher salt. Squeeze in fresh lemon juice and mix thoroughly.
- 2. Cover the cranberry mixture tightly with plastic wrap or a lid and refrigerate for at least 4 hours, preferably overnight.
- 3. Retrieve cream cheese from fridge and let it sit at room temperature for 20-30 minutes. Spread evenly on a serving plate.
- 4. Once the cranberry mixture has chilled, gently spoon it over the cream cheese layer. Spread lightly to retain distinct layers.
- 5. Allow to sit at room temperature for 15-20 minutes before serving. Pair with crackers

MEAL PATTERN CONTRIBUTION

MEAL TYPE

YIELD

f Fruit

Snack

1½ Cups Cranberry Dip

Grain

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup Cranberry Dip + 4 Crackers	½ Cup Cranberry Dip + 4 Crackers	³ / ₄ Cup Cranberry Dip + 8 Crackers	½ Cup Cranberry Dip + 8 Crackers