



# Chunky CranBerry **APPlesauce**

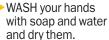
Two great native Massachusetts fruits in one delicious dish: a tart and chunky applesauce made rich, rosy, and beautiful by the addition of cranberries. It's incredibly versatile, too: you can eat it straight, layer it with yogurt for a breakfast parfait, or serve it alongside your holiday turkey or ham.



One of my favorite activities around the holidays is making and enjoying a delicious meal with my family. It's especially fun to do this with nutritious foods. In 2009 we launched Mass in Motion (MiM) to encourage our residents to eat healthy food and be more active. We are now pleased to introduce the latest MiM effort—a new partnership with ChopChop magazine. Over the next year, we will distribute a monthly healthy and delicious recipe that young people can help their families prepare. Diane and I hope that by cooking together and using fresh, local ingredients, your holiday season will be both happy and healthy.

Deval Patrick Governor of Massachusetts





- CLEAN the counter top with a sponge.
- GATHER all your kitchen gear and ingredients and put them on the counter.
- SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.
- PREPARE your ingredients, which means you may have to do something before you get started with the instructions.











**INGREDIENTS** 

Granny Smith

or other tart

if you like,

and diced

apples, peeled,

½ cup fresh or frozen















# ADULT: YES THANDS-ON TIME: 15 MINUTES TOTAL TIME: 45 MINUTES TMAKES: 4 SERVINGS

#### **KITCHEN GEAR**

Sharp knife

### (adult needed)

**Cutting Board** Measuring cup

Measuring spoons

Medium-sized pot

Lidded container

Potato masher or fork

# cranberries 1/4 cup water

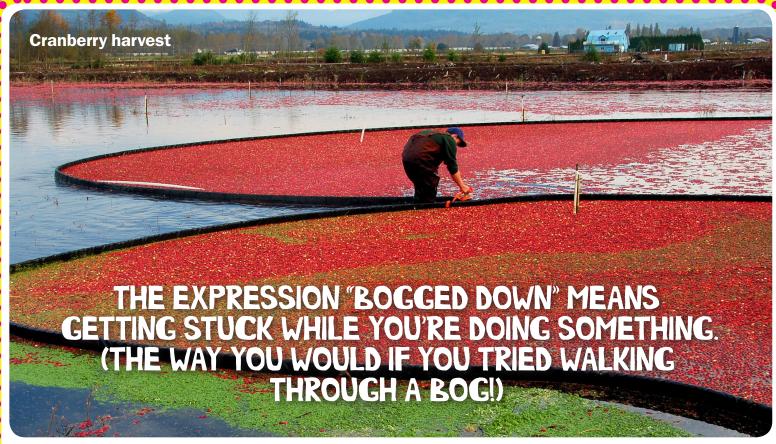
tablespoons maple syrup

#### "Diced" means cut up in squares about the size

## INSTRUCTIONS

- 1. Place all of the ingredients in the pot, cover and cook over medium-low heat until the apples are tender, about 30 minutes.
- 2. Coarsely mash (using a potato masher or fork) and set aside to cool until just warm.
- 3. Serve right away, or put it in the container and refrigerate until cold.

Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



# BY THE NUMBERS

Massachusetts is the second largest producer of cranberries in the United States (Wisconsin is the first).

5 % of cranberries are sold fresh, and the rest are dried or turned into juice or sauce.

There are 440 cranberries in one pound and 4,400 cranberries in one gallon of juice.





**Granny Smith** apple





Winesap apple

Cranberries, which are native to North America, are a crucial ingredient in a number of traditional **Native** American recipes.



Did You Клош?

Cranberries strung with popcorn makes a traditional—and compostable!—Christmas-tree garland.

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