



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



- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **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.



ADULT: YES | **HANDS-ON TIME: 15 MINUTES** | **TOTAL TIME: 45 MINUTES** | **MAKES: 4 SERVINGS**

KITCHEN GEAR

Sharp knife
(adult needed)
Cutting Board
Measuring cup
Measuring spoons
Medium-sized pot
Potato masher or fork
Lidded container

INGREDIENTS

4 Granny Smith or other tart apples, peeled, if you like, and diced
½ cup fresh or frozen cranberries
¼ cup water
3 tablespoons maple syrup

"Diced" means cut up in squares about the size of dice.

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.

Safety Tip

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

Cranberry harvest



THE EXPRESSION "BOGGED DOWN" MEANS GETTING STUCK WHILE YOU'RE DOING SOMETHING. (THE WAY YOU WOULD IF YOU TRIED WALKING THROUGH A BOG!)

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.

MacIntosh apple



Granny Smith apple



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in Motion**

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**Winesap
apple**

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



**Did
You
Know?**

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

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