

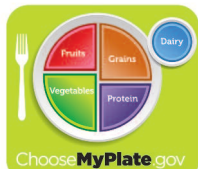
Diabetes-Friendly Thanksgiving Recipe

Thanksgiving Cranberry Compote

16 SERVINGS • PREPARATION TIME: 10 MINUTES • COOKING TIME: 20 MINUTE

- 1 teaspoon vegetable oil
- 1 medium onion, finely chopped
- 8 ounces fresh cranberries
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- 10 ounces orange marmalade, (all-fruit)
- 8 ounces canned pineapple, crushed with juice, drained

- ▶ Heat oil in a medium saucepan. Add onion and cook for 3 minutes or until soft.
- ▶ Add all remaining ingredients and cook, uncovered, over medium heat for 10 to 15 minutes.
- ▶ Serve this compote warm or cold with roast turkey or pork.



Per serving: starch exchanges, 5; fat exchanges, ¼; calories, 73.1; total fat, 1.6 g; saturated fat, 0.6 g; trans fat, 0.9 g; sodium, 274.3 mg; total carbohydrate, 13.3 g; dietary fiber, 2.2 g; sugars, 3.6 g; protein, 2.8 g

Recipe from Diabetic Low-Fat & No-Fat Meals in Minutes ©1996, by M.J. Smith, R.D.

