

Cranberry Salsa

12 oz. bag cranberries rinsed (fresh or frozen)

½ red bell pepper

½ red onion

1 Granny Smith apple peeled and cored

1/3 cup apple juice or cider (not too wet)

1/2+ cup sugar (this is reduced from the ¾ cup in the original recipe and/or use Agave to taste)

2 Tbsp jalapeno peppers diced (fresh or we used Mrs. Renfro's nacho sliced jalapeno peppers. They are in a bottle of vinegar. Cut them into smaller pieces.)

2-3 Tsp lime zest (about the zest of one lime and squeeze a little lime juice into the mix)

3 Tbsp chopped fresh cilantro

Cut the bell pepper, red onion and Granny Smith apple slices into chunks and add to the bag of cranberries. I put in a food processor and pulse/run until diced into small pieces the size you want for the salsa. Can be done in a blender in smaller batches.

Add the sugar/Agave, jalapeno peppers, lime zest, cilantro and apple juice and pulse the food process to blend in. If using a blender, you can chop and mix these ingredients together and add to the first four in a bowl.

Serve with tortilla chips or whatever you like. Prepare to become addicted!

Recipe by Deanne Brandstetter, MBA, RD, CDN, FAND, 2025-2026 Academy President