



Cranberry Sauce

This is a very easy lower glycemic-index recipe for the standard cranberry sauce that is heavy on sugar. This recipe yields a large amount if you are having a crowd or just halve it for a smaller number of people.

2 bags cranberries (12 ounce each) 72 grams carbohydrate
1 10-ounce jar fruit juice sweetened orange marmalade jelly 108 grams carbohydrate
Splenda to taste
½ cup chopped toasted walnut 20 grams fat

Preheat oven to 400 degrees. Put washed cranberries on baking sheet and in oven for 10-12 minutes until cranberries pop. Add orange marmalade, nuts and Splenda to taste. Bake for 5 more minutes. Adjust sweetness and serve. A small serving goes a long way.

Recipe yields: 180 grams carbohydrate, 20 grams fat, 0 grams protein. This recipe can easily feed 16 people.

Zone Tip: If you are at a party that has a lot of appetizers, it is easy to pick and be unaware of how much you are actually eating. To avoid this, you may want to put the appetizers you want on a plate, take a good look at what you're eating, and stop when your plate is empty.