



Cranberry Relish

12 ounces fresh cranberries
1 *organic orange, unpeeled and cut into eighths
2 apples, unpeeled and cut into eighths
1/4 cup sugar

Wash cranberries; discard any that are soft or blemished. Put cranberries, orange, and apples through the medium blade of a grinder or chop in a food processor. Add sugar; stir. Chill 24 hours. Keeps 2 to 3 weeks.

* When using orange peel it is particularly important to shop for organic oranges because organic orange peel is now being used in cancer prevention and treatment. Organic produce is always preferred, as it does not contain pesticides.

Makes 1 1/2 quarts. *Per 1/4 cup serving: 25 calories, 7 grams carbohydrate, trace fat, 0 mg cholesterol, .5 gram fiber, 0 mg sodium.*

Fresh Spinach Salad with Sesame Seeds

6 cups (1 bunch) fresh spinach torn into bite-size pieces
1/2 teaspoon sesame oil or toasted sesame oil
4 teaspoons lemon juice
4 teaspoons toasted sesame seeds

Toss spinach with sesame oil. Sprinkle with lemon juice and sesame seeds; toss again.

Two servings. *Per serving: 71 calories, 6 grams carbohydrate, 5 grams fat, 0 mg cholesterol, 2 grams fiber, 89 mg sodium*

Adapted from our "Cookbook of the Quarter," *Don't Eat Your Heart Out Cookbook* by Joseph Piscatella, at Barnes & Noble discounted 20% through December at the Asheville location.

Fill your plate with **color!** The beautiful palate of colors provided by nature is visually pleasing as well as abundant in nutrients that support our health. These foods give our body and mind the tools we need to fight disease and promote vitality. Focusing on powerhouse foods like vegetables and fruits over the holiday will help sustain a balance amidst all the festivities. Happy Holidays!

Your Partners in Health,
Candace and Lucy