



The top cranberry-growing states are Wisconsin, Massachusetts, New Jersey, Oregon, and Washington.

Cranberries grow near the ground in sandy bogs and marshes. Growers often flood bogs to harvest the fruit; cranberries float to the top.

French Twist

A clafouti is a French dessert with a custard-like texture. The creamy sweetness pairs well with cranberry and orange, creating a festive end to a holiday meal.

Cranberry Orange Clafouti

Makes 6 servings

Ingredients

- 1/4 cup whole milk
- 1 cup sugar, divided
- 3 large eggs
- 1 tbs vanilla extract
- 1/4 tsp salt
- 1/2 cup flour
- 2 cups fresh cranberries, chopped
- 2 tsp finely grated orange zest
- powdered sugar and whipped cream for garnish (optional)

Directions

1. Preheat oven to 350°F.
2. In a blender or food processor, combine milk, 1/2 cup sugar, eggs, vanilla, salt, and flour. Coat an 8-cup glass baking dish with cooking spray. Pour about half the egg mixture into the pan and bake 7–10 minutes.
3. Remove pan from oven and sprinkle cranberries, orange zest, and remaining sugar on top of the custard. Pour remaining egg mixture over the first layer. Bake 45 minutes until firm. Do not over-bake; this will make the dish chewy. Serve warm or at room temperature topped with powdered sugar and whipped cream if desired.

Per serving (does not include whipped cream and powdered sugar) 255 calories, 6 g protein, 48 g carbohydrate, 4 g fat (2 g saturated fat), 111 mg cholesterol, 2 g fiber, 38 g sugar, 105 mg sodium. Calories from fat: 15%

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BREAKFAST 411



In many cultures—think Middle Eastern, Mexican, Asian cuisine—savory staples start the day. Jonathan Chovancek, executive chef of Café Medina in Vancouver, British Columbia, is a big proponent of savory breakfasts. His No. 1 reason? Delicious taste. Case in point: “Great-tasting eggs poached and served over a warm quinoa and tomato salad with African spice and local goat cheese is super healthy and delicious.”

As Chovancek notes, healthfulness also ranks as a reason to start savory. Savory breakfasts lend themselves to nutrient-

rich vegetables and whole grains, setting the tone for a healthy day. Get started with some of Chovancek’s easy breakfast ideas:

- Make an omelet with farmers market vegetables.
- Sauté leftover brown and wild rice from dinner; top with eggs and a pinch of cheese.
- Instead of granola, add equal parts cooked quinoa and red lentils to your yogurt and fruit bowl.

—**Kerri-Ann Jennings**