

Instructor: Tamika R. Francis, Food & Folklore LLC

Holiday Delights- Cranberries

6:30pm - 7:30pm | 12.14.2022



Cranberry Pumpkin Seed Dark Chocolate Bark

Ingredients

- 5 ounces dark dark chocolate, 70% or more (bar or chips)
- Pinch salt
- 1 teaspoon pumpkin pie spice, divided or cinnamon powder
- 1/2 cup dried cranberries
- 1/4 cup pumpkin seeds, aka pepitas
- Optional: ¼ tsp zest of an orange

Instructions

1. Line a small baking sheet with parchment paper or a non-stick mat and set aside.
2. Break the chocolate bar(s) into chunks and place them in a microwave-safe bowl. If using chips, no need to break them.
3. Heat on high in 30-second increments, stirring in between, until melted. Be careful.
4. Stir in the salt and half of the pumpkin pie spice/cinnamon.
5. Pour the melted chocolate onto the prepared baking sheet and use a spatula to smooth into an even layer.
6. Sprinkle the remaining pumpkin pie spice evenly over the chocolate. Then do the same with the pumpkin seeds and cranberries. You can organize in a pattern too.
7. Add the orange zest if you're using it. See notes on zesting in your package.
8. Let the chocolate cool to room temperature, then freeze until completely solid.
9. Use a knife or your hands to break the bark into fragments. Enjoy or gift to friends.

Source: A Clean Bake

Tools & Equipment

- Baking sheet
- Glass or other microwave safe bowl
- Parchment, wax paper or silicone baking mat - *please do not use foil paper
- Measuring spoon & cups
- Silicone or wood spatula
- Ziplock bag or air tight storage container with lid.

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Cranberry Smoothie

Easy to make, with lots of great ingredients, this cranberry smoothie is tasty and refreshing.

Prep Time 5 mins Total Time 5 mins

Ingredients

- ½ banana
- ½ cup frozen cranberries 50g, or fresh cranberries
- ¼ cup frozen wild blueberries 30g, or regular blueberries if not available
- ¼ cup orange juice 60ml
- ¼ cup low fat Greek yogurt 60ml, plain or vanilla
- Optional: 2 TBsp honey or maple syrup

Instructions

1. Add all of the ingredients to a blender and blend until smooth. Add a little more orange juice if you prefer it a little thinner.
2. Pour and enjoy.

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Roasted Chicken Thigh with Cranberries

- *Total Time:* 30 minutes *Yield:* 4 servings

Ingredients

- ¼ cup balsamic vinegar
- 4 tablespoons olive oil, divided
- 1 tablespoon red wine vinegar
- 1 teaspoon honey
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 4 chicken thighs, boneless
- 1 red onion, thinly sliced
- ½ cup cranberries, fresh or frozen
- 4-6 sprigs tarragon or thyme

Instructions

1. In a medium mixing bowl, combine balsamic vinegar, 2 tablespoons olive oil, red wine vinegar, honey, salt, and pepper, and stir to combine.
2. Add chicken thighs to the marinade, then toss to combine. Cover the bowl and refrigerate for 30 minutes to marinate, up to overnight.
3. Preheat the oven to 425 F.
4. Coat a rimmed baking sheet with remaining 2 tablespoons of olive oil. Then, add red onions in an even layer, and scatter chicken thighs between them, pouring the extra marinade on top of the onions. Add the cranberries and place a few sprigs of fresh tarragon on top.
5. Roast for 20 to 25 minutes, or until juice from chicken runs clear (when the thickest part of the thigh reads at least 165 F on a meat thermometer).
6. Serve immediately.

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Cranberry Pumpkin Muffins

Total Time Prep/Total Time: 30 min Makes 2 dozen

Ingredients

- 2-1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 2 large eggs
- 2 cups sugar
- 1 cup canned pumpkin
- 1/2 cup canola oil
- 1 cup fresh or frozen cranberries, chopped

Directions

1. Preheat the oven to 400°. In a bowl, combine the first 4 ingredients. In a bowl, beat the eggs and sugar; add the pumpkin and oil and mix well. Stir into the dry ingredients just until moistened. Fold in the cranberries.
2. Fill foil- or paper-lined muffin cups three-fourths full. Bake at 400° for 18-22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

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Green Salad with Apples, Cranberries and Pepitas

Ingredients

Green Salad

- 5 ounces (about 5 cups) spring greens salad blend
- 1 large or 2 small Granny Smith apple(s)
- ⅓ cup dried cranberries
- ¼ cup pepitas (green pumpkin seeds) or chopped raw pecans
- 2 ounces chilled goat cheese, or feta cheese, crumbled (about ⅓ cup)

Apple Cider Vinaigrette

- ¼ cup extra-virgin olive oil
- 1 ½ tablespoons apple cider vinegar
- 1 ½ teaspoons honey
- 1 teaspoon Dijon mustard
- ¼ teaspoon fine sea salt
- Freshly ground black pepper, to taste

Instructions

1. Toast the pepitas: In a medium-sized skillet, toast the pepitas over medium heat, stirring frequently, until they are turning golden on the edges and making little popping noises (if using pecans instead, warm them just until they are fragrant). Transfer the pepitas to a small bowl to cool.
2. Make the dressing: In a cup or jar, whisk together the olive oil, vinegar, honey, mustard and salt until well blended. Season to taste with pepper.
3. Just before serving, chop the apple into thin, bite-sized pieces. Place your greens in a large serving bowl. Top with sliced apple, dried cranberries and toasted pepitas. Use a fork to crumble the goat cheese over the salad.
4. Drizzle the salad with just enough dressing to lightly coat the leaves once tossed (you probably won't need all of it). Gently toss to mix all of the ingredients and serve!