

GRAPEFRUIT CRANBERRY MARMALADE

Adapted from Cooking Light

Ingredients

- 4 medium grapefruit
- 2½ cups fresh cranberries
- 3 cups sugar

Instructions

Using a sharp knife or vegetable peeler, remove the peel from the grapefruit. (Be sure to also remove the white pith if attached to the peel – it will impart an overly bitter flavor to the marmalade if left on.)

Cut the rind into thin julienned strips. Remove any remaining white pith from the flesh of the grapefruit and section the grapefruit into lengthwise slices.

In a large saucepan, combine the grapefruit peel and grapefruit sections with 1½ cups water and bring to a boil. Reduce the heat and simmer for 15 minutes, stirring occasionally. Add cranberries and cook 10 minutes more. Stir in sugar and cook until thickened (about 30 minutes), stirring occasionally.

Pour into an airtight container and refrigerate until ready to use. (It can also be stored in the freezer for up to 6 months.)

Yield: about 5 cups (or about 40 2 tablespoon servings)

NUTRITION FACTS PER SERVING (PER 2 TABLESPOONS)

CALORIES: 70

PROTEIN: 0 grams

SODIUM: 0 milligrams

CARBOHYDRATE: 18 grams

FIBER: 0 grams

FAT: 0 grams

SATURATED FAT: 0 grams