EatingWell

Jalapeno-Cranberry Relish

Give some zing to your traditional cranberry sauce recipe by adding jalapeño and lime. This healthy, homemade cranberry relish pairs beautifully with turkey, but also works just as well as a spread for sandwiches or even as a taco topping.

By **Hilary Meyer** | Updated on September 29, 2025

Reviewed by Dietitian **Sylvia Geiger, M.S., RD**

Cook Time: 10 mins

Additional Time: 10 mins

Total Time: 20 mins

Servings: 8

Yield: 2 cups

Nutrition Profile:
Low-Carb Dairy-Free Low-Sodium Heart-Healthy Vegan Vegetarian Gluten-Free

Ingredients

- 1 12-ounce bag cranberries, fresh or frozen (thawed)
- 1 teaspoon lime zest
- 2 teaspoons lime juice
- 1-2 fresh jalapeños, seeded and coarsely chopped
- 2 tablespoons minced red onion
- ⅓ cup sugar
- 2 tablespoons extra-virgin olive oil

Pinch of salt

Directions

Step 1

Combine cranberries, lime zest, lime juice, jalapeno to taste, onion, sugar, oil and salt in a food processor. Pulse until coarsely chopped. Let stand until the sugar has dissolved, about 10 minutes. Transfer to a serving dish. Serve at room temperature or cover and refrigerate until cold.

Tips

Make Ahead Tip: Cover and refrigerate for up to 2 days.

Nutrition Facts

Per serving: **Serving Size 1/4-cup** 85 calories; total carbohydrate 14g; dietary fiber 2g; total sugars 10g; added sugars 8g; protein 0g; total fat 4g; saturated fat 1g; vitamin a 45iu; vitamin c 8mg; folate 2mcg; sodium 19mg; calcium 5mg; iron 0mg; magnesium 3mg; potassium 45mg

EatingWell

Low-Carb Broccoli & Cheddar Casserole

This simple cheesy casserole is comforting while keeping the carbs in check. Serve it alongside roasted chicken or pork.

By **Carolyn Casner** | Updated on September 17, 2025

Reviewed by Dietitian **Jessica Ball, M.S., RD**

Prep Time: 25 mins

Additional Time: 25 mins

Total Time: 50 mins

Servings: 8

Yield: 8 cups

Nutrition Profile:

Low-Carb Nut-Free Soy-Free Vegetarian Egg-Free Gluten-Free

Ingredients

- 1 ½ pounds broccoli florets
- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 4 ounces reduced-fat cream cheese, softened
- ½ cup sour cream
- 1 ½ cups shredded extra-sharp Cheddar cheese, divided
- ½ teaspoon salt

½ teaspoon ground pepper

Directions

Step 1

Preheat oven to 350 degrees F.

Step 2

Bring an inch of water to a boil in a large pot fitted with a steamer basket. Add broccoli, cover and steam until just tender, about 5 minutes. Coarsely chop the broccoli.

Step 3

Meanwhile, heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until starting to soften, about 3 minutes. Add garlic and reduce heat to medium-low. Continue stirring until the onion and garlic are starting to brown, about 5 minutes more. Remove from heat.

Step 4

Combine cream cheese, sour cream, 1 cup Cheddar, salt and pepper in a large bowl. Add the onion mixture and stir until well combined. Add the broccoli and stir until coated. Transfer to an 8-inch-square baking dish; sprinkle evenly with the remaining 1/2 cup Cheddar. Bake until the casserole is hot and the cheese has melted, about 25 minutes. Let cool for at least 10 minutes before serving.

Nutrition Facts

Per serving: **Serving Size 1 cup** 179 calories; total carbohydrate 5g; dietary fiber 1g; total sugars 2g; protein 7g; total fat 15g; saturated fat 7g; cholesterol 37mg; vitamin a 758iu; vitamin c 14mg; folate 17mcg; sodium 340mg; calcium 196mg; iron 0mg; magnesium 8mg; potassium 126mg

allrecipes

Thanksgiving Won Tons

Wontons with a turkey, cranberry, and almond filling.

Submitted by **Marianna**

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

Servings: 20

Yield: 20 servings

Ingredients

- 1 ½ cups cooked turkey breast meat, shredded
- ⅔ cup dried cranberries
- ⅓ cup slivered almonds
- ½ cup cranberry sauce
- 1 (14 ounce) package wonton wrappers
- 1 quart vegetable oil for frying

Directions

Step 1

Mix the turkey, cranberries, almonds, and cranberry sauce in a bowl. Place about 1 teaspoon of the mixture in the center of each wonton wrapper. Fold wrappers over filling, moisten edges, and press with a fork to seal.

Step 2

Heat the oil in large skillet or deep fryer.

Step 3

Fry the wontons in the hot oil until golden brown. Drain on paper towels.

Nutrition Facts

Per serving: 146 calories; total carbohydrate 18g; dietary fiber 1g; total sugars 5g; protein 6g; total fat 6g; saturated fat 1g; cholesterol 11mg; vitamin c 0mg; sodium 120mg; calcium 17mg; iron 1mg; potassium 66mg