

Recipe of the Week



OCEAN SPRAY CRANBERRY MAPLE BBQ SAUCE

- 1 teaspoon vegetable oil
 - 1/4 cup onion, chopped
 - 1 cup Ocean Spray® Whole Berry Cranberry Sauce
 - 1/2 cup maple syrup
 - 1/4 cup ketchup
 - 1/4 cup cider vinegar
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Heat oil in a medium nonstick saucepan over medium heat. Add onion and cook until softened. Stir in remaining ingredients. Bring mixture to a boil, reduce heat and simmer, uncovered, for 20 minutes, stirring occasionally. Transfer mixture to a blender container. Cover and blend at high speed until smooth.

Store covered in the refrigerator up to 1 week. Use to baste ribs, pork chops or chicken during the last few minutes of grilling.

Makes 1-1/4 cups



Another great recipe from www.bv.bm