



## Sautéed Fiddleheads & Cranberries

¼ cup butter (50 mL)  
8 oz fiddleheads, washed (250 g)  
¼ cup fresh or frozen cranberries (50 mL)  
2 tbsp maple syrup (25 mL)  
salt  
freshly ground pepper

novascotia.com

In a large skillet, melt the **butter** over medium high heat. Add the **fiddleheads** and sauté for 3 minutes or until they begin to soften. Add **cranberries** and **maple syrup** and cover, reducing heat to medium, and steam for 3 minutes longer or until tender crisp. Season to taste with **salt** and freshly ground **pepper**. **Serves 4.**

novascotia.com

novascotia.com recipe cards - 4" x 6"

This recipe is courtesy of novascotia.com and Taste of Nova Scotia. Visit [novascotia.com](http://novascotia.com) to plan your Nova Scotia getaway.