

Curried Cranberry Chutney

*Julie Miltenberger
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Servings: 12

*1 tablespoon vegetable oil
1 medium shallot, grated
1 four-inch piece ginger, peeled and
grated
3 cloves garlic, grated
2 tablespoons curry powder
1/2 teaspoon ground cardamom
2 bags (12 ounce ea) fresh cranberries
1 1/4 cups packed light brown sugar
1/4 cup apple cider vinegar
1/2 cup water
3/4 teaspoon salt
1 cup raisins*

Preparation Time: 10 minutes

In a medium pot, heat the oil over medium. Stir in the shallot, ginger, garlic, curry powder and cardamom. Cook for 30 seconds to 1 minute. Stir in the cranberries, sugar, vinegar, water and salt. Bring to a simmer. Reduce the heat to low. Cook for 20 minutes, uncovered,.

Stir in the raisins. Cook for 10 minutes until thickened.

Per Serving (excluding unknown items): 148 Calories; 1g Fat (8.0% calories from fat); 1g Protein; 36g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 145mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates.