

home cooking

"I'm craving this fruit chutney"



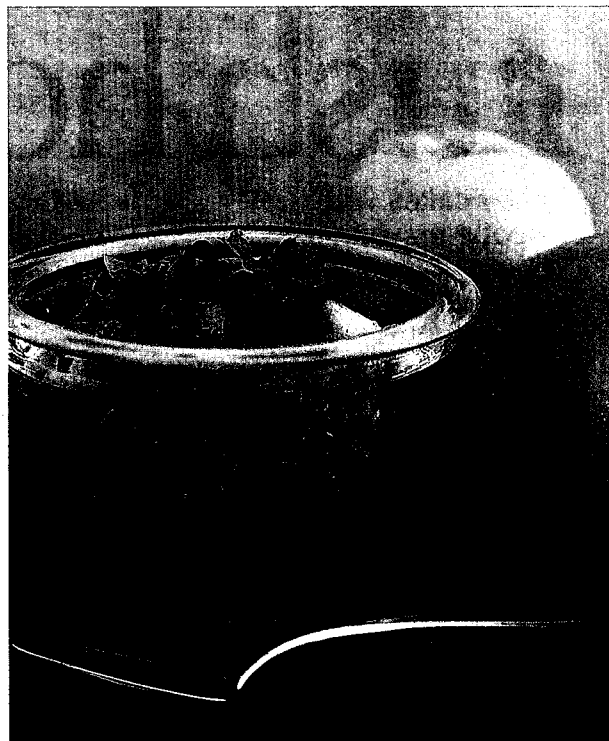
While vacationing in Victoria, British Columbia, Lani Haynes of Lacey, Washington, fell head over heels for Blackfish Cafe's Tandoori Chicken Wrap. "The key ingredient," she declared, "was the fresh and flavorful chutney," which is spread on the wrap. The GH food editors thought this chutney would make a tangy, unusual alternative to cranberry sauce at your Thanksgiving table. Or, you can use it as a condiment on your leftover-turkey sandwiches.

apple-mint chutney

Prep 20 minutes plus chilling **Cook** about 1 hour 10 minutes
Makes about 2½ cups

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| 1 lemon | ½ cup dark raisins |
| 2 medium apples, peeled, cored, and chopped | 2 tablespoons each chopped fresh mint leaves and parsley leaves |
| 1 medium tomato, seeded and chopped | ¼ teaspoon salt |
| 1 small onion, chopped | ¼ teaspoon cinnamon |
| ½ cup sugar | Pinch ground red pepper (cayenne) |
| ½ cup cider vinegar | |

1. From lemon, grate ¼ teaspoon peel and squeeze enough juice to equal 2 tablespoons. In 3-quart saucepan, combine lemon juice and peel with remain-



ing ingredients; heat to boiling over high heat. Reduce heat to low and simmer, uncovered, 1 hour or until most of liquid evaporates, stirring occasionally.
2. Transfer chutney to small serving bowl; cover and refrigerate at least 4 hours or up to 4 weeks.

>> Each 2 tablespoons: About 35 calories, 0 g protein, 9 g carbohydrate, 0 g total fat, 1 g fiber, 0 mg cholesterol, 30 mg sodium.



In my kitchen

Susan Westmoreland, Food Director