

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Apricot Pear Chutney

Makes 4 cups (16 quarter-cup servings)

Recipe reprinted with permission from *The Cancer Fighting Kitchen*, by Rebecca Katz

Rebecca's Notes: This chutney is quite versatile. A dollop is a delicious addition to many soups, and it can also be served over roasted chicken. For a sophisticated snack, spread soft goat cheese on crackers and top with a bit of the chutney.

- 2 pounds pears, peeled, cored and diced
- 1 ¼ cup chopped unsulfured dried apricots
- ½ teaspoon lemon zest
- ½ cup brown rice vinegar
- ¼ cup freshly squeezed lemon juice
- ¼ cup maple syrup
- ½ teaspoon minced fresh garlic
- ½ teaspoon grated fresh ginger
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cardamom
- ¼ teaspoon red pepper flakes
- 1 pod star anise, optional

DIRECTIONS

Combine all of the ingredients in a large saucepan and bring to a boil. Lower the heat to maintain a bubbly simmer and cook, stirring occasionally, for 45 to 50 minutes with the lid partially off so that the liquid begins to evaporate. Once the pears are soft but not mushy and the liquid has reduced to a thick coating over the fruit, remove the chutney from the heat. Remove the star anise (if you are using it). Serve warm or at room temperature.

Storage: Store in an airtight container in the refrigerator for 7 days or in the freezer for 2 months.



**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

NUTRITION INFORMATION

PER 1/4 CUP SERVING:

Calories	69
Fat	0 g
Carbohydrate	18 g
Fiber	2.5 g
Protein	0 g
Sodium	75 mg
Potassium	194 mg

Cost per serving: \$.25