

# Spicy Cranberry Chutney

*From Eating Well, Fall 2004*

## Ingredients

8 cups fresh or frozen cranberries, (2 pounds)  
2 shallots, minced  
2 jalapeno peppers, seeded and minced  
2 cloves garlic  
1 ½ cups packed light brown sugar  
1 ½ cups granulated sugar  
1 ½ cups red-wine vinegar  
2 Tablespoons minced fresh ginger  
2 Tablespoons whole mustard seeds  
1 Tablespoon freshly grated orange zest  
1 Tablespoon freshly grated lemon zest  
2 teaspoons salt

## Directions

Combine all ingredients in a large saucepan; bring to a boil over high heat.

Simmer, uncovered, stirring often, until the cranberries have broken down and the mixture has thickened somewhat, 10-15 minutes.

Let cool completely. Ladle chutney into jars and refrigerate.

## Nutrition Information

Makes 5 cups or five ½-pint jars. Serving size: 1 Tablespoon

Calories: 35; Total Fat: 0g (Saturated Fat: 0g); Cholesterol: 0mg; Sodium: 58mg; Total Carbohydrate: 9g; Dietary Fiber: 1g; Protein: 0g

## Notes

Refrigerate chutney in an airtight container for up to 1 month.  
These festive jars are great for gift giving.

