

Delectable Apple Chutney

3 pounds cooking apples, peeled, cored, and chopped
1 cup minced onion
1 1/4 cups cider vinegar
1 cup brown sugar
1/2 cup golden raisins
1 tsp ground ginger
1 tsp mustard seed
1/4 tsp salt



Combine all ingredients in a large kettle or Dutch oven. Bring to a boil. Reduce heat to medium and cook, stirring occasionally, for 50 minutes, or until most of the liquid has evaporated. Watch closely at the end to prevent scorching. Refrigerate. Will keep for up to 2 weeks.

Per recipe: 68 mg phe, 3 g protein
Per serving (1/4 cup): 10 mg phe, 0.4 g protein

Adapted From The Seattle Times