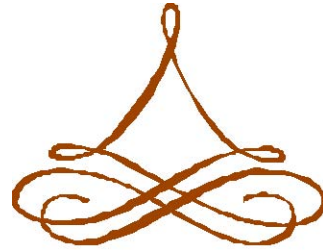


Cranberry Chutney

5 cups whole cranberries
1 cup raisins
1 2/3 cups sugar
1 tbsp cinnamon
1 1/2 tsp ginger
1/4 tsp cloves
1 cup water
1/2 cup chopped onion
1 medium apple, chopped
1/2 cup thinly sliced celery



Combine cranberries, raisins, sugar, cinnamon, ginger, cloves, and water in a large saucepan.

Bring to a boil. Cook on medium heat for 15 minutes. At this time, the berries will pop and the mixture will begin to thicken.

Stir in the onion, apple and celery.

Reduce to low heat and simmer for 15 minutes.

Let mixture cool and then refrigerate.

Serve chilled.

Recipe makes 20-1/4 cup servings.

Per recipe: 172 mg phe, 7.7 g protein

Per serving: 9 mg phe, 0.4 g protein



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