

## Peach Chutney

A Quick, Easy Chutney Recipe.



Stone fruit like peaches have been shown to ward off obesity-related diseases such as diabetes and cardiovascular disease. They may also reduce bad cholesterol (LDL).

### Ingredients (Serves 4)

- 1½ teaspoons canola oil
- 1 small jalapeno chili, cored, seeded and minced
- 1 small garlic clove, minced
- 1 large shallot, minced
- 1 teaspoon grated fresh gingerroot
- 2 cups coarsely chopped peeled peaches (2 medium peaches)\*
- 1½ tablespoons cider vinegar
- 1½ tablespoons brown sugar
- 1 dash chipotle chili powder or cayenne pepper
- Salt and pepper to taste
- 1 tablespoon minced chives

\* Use fresh peaches in the summer, frozen or water-pack canned peaches at other times of the year. Use peach chutney as a topping for roast chicken breast, tuna or salmon steaks, or over hamburgers.

## Directions

Heat canola oil in medium saucepan. Add chili, garlic, shallot and gingerroot and sauté until tender, about two minutes. Stir in peaches, vinegar, brown sugar, chipotle chili powder, salt and pepper. Simmer mixture for 10 minutes or until fruit is tender. Sprinkle on chives just before serving.

## Nutritional information Per serving

Calories 75  
Fat 2g  
Cholesterol 230 mg  
Sodium 85 mg  
Carbohydrates 15 g  
Fiber 1.5 g  
Protein 11.5 g

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