

Spicy Strawberry Chutney



This versatile condiment makes a delicious topping for sweet potato latkes and can also be used on grilled meats or alongside a cheese plate.

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| YIELD 16 SERVINGS | PREP TIME 5 MIN | TOTAL TIME 20 MIN |
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INGREDIENTS

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|-----------|--|
| 1 pint | Strawberries, trimmed, quartered |
| 1 Tbsp | Red Pepper Flakes (adjust quantity to taste) |
| ½ cup | Apple Cider Vinegar or White Wine Vinegar |
| ½ cup | Sugar or Honey |
| ¼ tsp | Kosher Salt |
| As needed | Water |

CHEF'S NOTES

Try adding a little of ginger or rosemary for a unique twist.

Just one tablespoon of this berry chutney has about 20% of your daily value of Vitamin C, too!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Add the strawberries and all other ingredients, except water, to a large saucepan and stir to combine.
3. Bring the mixture to a boil and reduce to a simmer. Cook for about 30-40 minutes, stirring occasionally to prevent scorching, or until the sauce is thickened.
4. If the sauce thickens too much, add water one tablespoon at a time until desired consistency is reached.
5. Allow to cool and store in a jar or tightly sealed container for about a week in the refrigerator.

Nutrition Facts

16 servings per container

Serving Size 1 Tbsp (42 g)

Amount per serving

Calories 35

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber less than 1g 2%

Total Sugars 8g

Includes 6g Added Sugars 12%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0.12mg 0%

Potassium 43mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

