

# Pear Chutney

2 Tbsp. vegetable oil  
1/3 cup finely chopped onion  
1 1/2 tsp. minced fresh ginger  
2 Tbsp. water  
3 firm-ripe Anjou pears, peeled and cut into 1/2-in. chunks (4 cups)  
1 tsp. grated orange zest  
1/2 cup orange juice  
1/3 cup golden raisins  
1/2 cup sugar  
6 Tbsp. cider vinegar  
1/4 tsp. cinnamon  
1/4 tsp. cardamom  
1/4 tsp. salt



1. In medium saucepan, heat oil over medium heat. Add onion, ginger and water, and cook, stirring occasionally, until onion is soft, about 7 minutes.
2. Add pears, orange zest and juice, raisins, sugar, vinegar, cinnamon, cardamom and salt, and bring to simmer over medium heat. Simmer, stirring occasionally, until mixture is jam-like and slightly syrupy, 50 to 60 minutes. Cool to room temperature. Cover and refrigerate until chilled.

Makes 1 3/4 cups

Per 1/4-cup serving: 184 calories, 4.2 g fat, 39 g carbohydrates (3.6 g fiber), 1 g protein