

# Apple Onion Chutney

From my friend, Susan L.



## Servings: 8

*One of the recipes I found online also called for a pinch of nutmeg, in case you'd like to add it.*

1. Combine spices.
2. Heat oil, add mustard seeds and cook until they begin to pop, then add garlic. Saute, but do not brown.
3. Add maple syrup, heat, then add apple and onion. Simmer for 25 minutes until mixture is thickened.

1 1/2 teaspoons ground ginger

1 teaspoon ground cumin

1/4 teaspoon ground sage

1/2 teaspoon ground cinnamon

1 tablespoon canola oil

1 teaspoon black mustard seeds

2 large garlic cloves

1/4 cup balsamic vinegar

1/4 cup maple syrup

1 large Vidalia onion, chopped in 1/2" pieces

1 large apple, peeled, cored, chopped in 1/2" pieces

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 63 Calories; 2g Fat (27.2% calories from fat); trace Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.