



Spiced Mango-Raisin Chutney

Prep: 20 minutes | Cook: 40 minutes | Total: 60 minutes

Yield: 12 servings | Serving Size: ~¼ cup

Ingredients

- 1 cup plus 2 tablespoons water, divided
- ½ cup minced onion (about ½ medium onion)
- ½ teaspoon salt
- 1 teaspoon ground dried ginger
- ½ teaspoon dry mustard
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- Pinch cayenne pepper
- Pinch ground cloves
- 3 ripe mangos, peeled, pitted, and cut into cubes about ½-inch in size (about 3 cups)
- ½ cup raisins
- ¼ cup packed brown sugar
- 2 tablespoons lime juice (about 1 lime)

Recipe Notes

- Try serving this over a cooked protein (e.g. tofu, chicken, pork, seafood), whole-grain toast, or brown rice.

Directions

1. Combine 2 tablespoons of the water with the onion and salt in a large saucepan.
2. Set over medium heat, cover the pan with a lid, and cook until the onion is softened, about 3-5 minutes.
3. Add the ginger, dry mustard, cinnamon, black pepper, garlic powder, cayenne, and cloves. Stir to combine and cook uncovered until fragrant, about 1 minute.
4. Add the mangos, raisins, sugar, lime juice, and the remaining 1 cup water. Stir to combine.
5. Increase the heat to high, and bring to simmer, then reduce the heat to maintain a gentle simmer.
6. Cook until the mango has softened and almost all of the liquid has evaporated, about 25-30 minutes. For a saucier consistency, mash up some of the cooked mango pieces with a potato masher or a rubber spatula.
7. Serve warm, or chill before serving. Leftovers can be refrigerated in an airtight container for up to 1 month, or frozen for up to 6 months.

**Nutrition Facts Per Serving: Calories: 85 | Total Fat: 0.5 g | Saturated Fat: 0 g
Sodium: 100 mg | Total Carbohydrate: 21.5 g | Dietary Fiber: 2 g | Protein: 1 g**

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