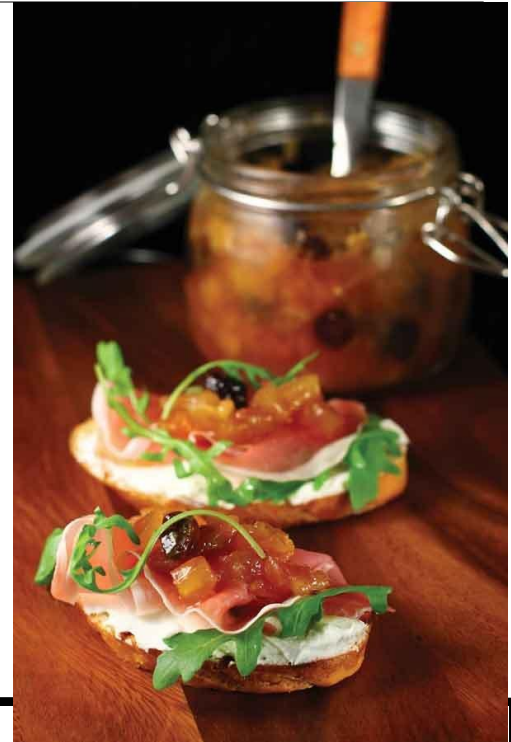


Fresh PEAR Chutney

Ingredients:

1 cup chopped red onion
1/3 cup packed brown sugar
1/4 cup currants
1/4 cup rice vinegar
1/2 tsp. Crushed red pepper
1/2 tsp. Minced fresh ginger
1/4 tsp ground cinnamon
1/4 tsp ground cloves
3 cups chopped peeled pears



Directions: Combine the first 8 ingredients in a small saucepan and bring to a boil. Cover and reduce the heat. Simmer for 5 minutes. Remove from the heat. Cool for 10 minutes. Place in a medium bowl and stir in the pear.

Nutrient Analysis: (per 1/4 cup serving size) Calories: 55, Carbs: 13.8g, Protein: .4g, Fat: .2 gram, Fiber: 1.5g, Cholesterol: 0mg, Calcium: 14mg, Iron: .3mg, Sodium: 4mg



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