

Grilled Mango Chutney

Yield: 1 batch

Ingredients

1 each mango, peeled and pitted
2 tablespoons sugar
¼ cup red onion, chopped
2 tablespoons cider vinegar
2 tablespoons green bell pepper,
finely chopped
1 tablespoon fresh ginger, grated
⅛ teaspoon ground cloves
⅛ teaspoon fresh rosemary,
chopped

Instructions

1. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler.
2. Lightly coat the grill with olive oil away from the heat source.
3. Position the cooking rack 4 to 6 inches from the heat source.
4. Arrange the mango on the grill rack or broiler pan.
5. Grill or broil on medium heat, turning often, until slightly browned and softened, about 2 to 3 minutes on each side.
6. Remove the mango from the grill and let cool for a few minutes. Transfer the mango to a cutting board and chop into small chunks.
7. Put mango in a small bowl. Add remaining ingredients and stir to combine.
8. Cover and refrigerate for one hour or until sugar is absorbed and flavors mingle.

Nutrition Information

Serving Size: X

Calories: 41
Total Fat: 0.2 g
Saturated Fat: 0.0 g
Sodium: 1.2 mg
Total Carbohydrate: 10.2 g
Dietary Fiber: 0.7 g
Sugars: 9.2 g
Protein: 0.4 g

Source: Health Meets Food



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