



Elliott Evans Nutrition, LLC
Prevent and Protect
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APRICOT-FIG CHUTNEY

COOKING LIGHT – JUNE 2011
(Makes 2 ½ Cups)

- 3 cups apricots, peeled, pitted, and quartered**
- ½ cup dried figs, quartered**
- ½ cup white wine**
- 1/3 cup sugar**
- ¼ cup golden raisins**
- 1½ teaspoons chopped thyme**
- 1 tablespoon of honey**
- 1 tablespoon fresh lemon juice**
- 1 teaspoon mustard seeds**
- ½ teaspoon cumin**
- ½ teaspoon ground ginger**
- ¼ teaspoon kosher salt**
- Dash of ground red pepper**
- ½ jalapeno, finely chopped**
- ½ shallot, sliced**
- 2 tablespoons chopped cilantro**

- **Combine all ingredients except cilantro in a large Dutch oven over medium heat, and simmer. Cook 15 minutes.**
- **Stir in cilantro.**