



Tomato Mint Chutney

Yield: 8 servings

Ingredients

- 2 tablespoons olive oil
- 2 shallots; diced small
- ¼ teaspoon red pepper flakes
- 1 teaspoon cumin seeds
- ¼ teaspoon mustard seed; brown
- 2 cinnamon sticks
- 4 cups diced tomatoes; canned, with juices
- 3 tablespoon maple syrup
- ½ teaspoon kosher salt
- 1 teaspoon fresh ginger; grated
- ¼ cup fresh mint; chopped

Instructions

Heat the olive oil in a large skillet over medium -low heat, then add the shallots, red pepper flakes, cumin seeds, mustard seeds, and cinnamon sticks and saute until the shallots are golden brown, about 4 minutes. Stir in the tomatoes, maple syrup, and salt, then lower the heat and simmer for 15-20 minutes, until the tomato juices have evaporated.

Stir in the ginger, and mint and serve warm or at room temperature.

Nutrition Information

Serving Size: 2 tablespoons

- Calories: 35
- Total Fat 1.9 g
- Saturated Fat 0.3 g
- Monounsaturated Fat 1.3 g
- Polyunsaturated Fat 0.4 %
- Sodium 75 mg
- Potassium 66.5 mg
- Total Carbohydrate 5 g
- Dietary Fiber 1 g
- Sugars, other 10.8 g
- Protein 0g

Source: The Cancer Fighting Kitchen. Rebecca Katz

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