

Mango Hot Pepper Chutney

ingredients

2 cups diced fresh mango
1/2 cup raisins
1/4 cup minced red onion
1 hot pepper, cored, seeded and minced,
1 tbsp light brown sugar
2 tbsp cider vinegar
Olive-oil cooking spray
4 whole-wheat pitas
1 to 2 tsp ground cumin

preparation

In a medium saucepan, combine the first six ingredients with 3 tbsp water. Set over medium heat and simmer 15 minutes or until mango breaks down and mixture thickens. Use a potato masher to mash any large chunks, if desired.

For the pita wedges: Heat oven to 400°F. Coat a large baking sheet with cooking spray. Cut each pita into 8 wedges and place on baking sheet. Lightly coat wedges with cooking spray, sprinkle with cumin and season with salt and pepper. Bake 15 minutes or until golden brown.

Makes 4 servings - double to utilize surplus

Healthy bonus: Vitamin C from mangoes; iron from raisins