

Salsas & Chutneys

A healthy way to add lots of flavor and nutrition to your meals is with salsas & chutneys. Use seasonal fruits and vegetables for new combinations.

Salsa is a spicy sauce of chopped, usually uncooked vegetables or fruit, especially tomatoes, onions, and chili peppers, used as a condiment. Salsas are easy fresh ways of enjoying food. You can use whatever is in season and the possibilities are endless. Tomatoes, of course, and hundreds of other vegetables and fruits can be used to create your master piece. Sometimes vegetables can be roasted or smoked to add a new dimension to the flavor being created. Different spices can also be added to give a unique twist to the creation.

Chutney is a pungent relish made of fruits, spices, and herbs. There are hundreds, if not thousands of possible combinations of ingredients for chutney. Most chutneys have a fruit base, but many non-sweet vegetables can also be used. Once you get the basic concept down you can experiment with any number of fruits and/or vegetables. Use firm fleshed, under-ripe fruits such as green mangos, banana, peaches, apples, nectarines and apricots. Rhubarb and firm or under ripe tomatoes are also good candidates. Soft fruits with delicate flavors such as raspberries, strawberries, and others will cook down into more of a smooth jam and their flavor will be lost. Dried fruits work particularly well in chutneys since they retain their texture, yet contribute a tart flavor offset by the sugar & spices.

Cranberry Chutney

1 pound bag of fresh cranberries
1 granny smith apple, peeled, cored, and chopped
½ Large red pepper, chopped
½ large red onion, chopped
¾ cup sugar
1/3 cup apple juice (or try pomegranate or cherry juice for extra antioxidants)
3 Tbsp chopped fresh cilantro
juice of ½ lime
1 small jalapeno pepper, minced

Pulse cranberries, apple, red pepper, and red onion in food processor. Transfer into a glass bowl. Add sugar, juice, cilantro, & jalapeno. Chill and serve with pita chips. Or use as a topping for fresh fish, chicken, or pork.

For additional program information, please contact Workforce Health at 262-257-4780 or email us at rpintar@communitymemorial.com