

# cranberry-pineapple chutney



Total Time: **25 minutes**

Prep Time: **25 minutes**

## ingredients (Servings: Serves 6)

1 teaspoon vegetable oil

1 large (8 oz.) red onion, chopped

1 Tablespoon whole grain mustard

1/4 cup apple cider vinegar

1/4 cup sugar or equivalent artificial sweetener

1 teaspoon dried thyme

1/4 teaspoon allspice

One 24 oz. can pineapple chunks with juice (do not drain)

One 12 oz. package fresh or frozen (thawed)

1

cranberries

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## directions

**step 1:** In a skillet, heat the vegetable oil over medium heat until hot. Add the red onion and cook for 3 minutes.

**step 2:** Add the mustard, apple cider vinegar, sugar or artificial sweetener, thyme, allspice, and the juice from the canned pineapple.

**step 3:** Bring mixture to a boil and cook until it is reduced by half. Add the cranberries, reduce heat to medium, and cook while stirring often for 10-15 minutes. Cranberries should start to split open and become tender as the mixture thickens.

**step 4:** Stir in the pineapple chunks and remove from heat.

**step 5:** Serve hot over fish or meats or at room temperature.