

Cranberry Chutney with Pita Chips



Cranberry Chutney

Ingredients:

- 6 ounce whole berry Cranberry Sauce (fresh or canned)
- 1/2 cup raisins
- 1/2 cup peeled, diced apple
- 1/4 cup sugar
- 1/4 cup vinegar
- 1/8 teaspoon black peppers
- 1/8 teaspoon ginger
- 1/8 teaspoon ground cloves

Directions:

1. Combine all ingredients in a medium saucepan.
2. Cook on medium heat, stirring occasionally, until apples are tender and sauce has thickened slightly, about 30 minutes.
3. Allow to cool before serving with pita chips.

Makes 8 servings

Pita Chips

Ingredients:

- 4 whole grain pita bread, cut into quarters
- 2 Tablespoons olive oil
- 4 Tablespoons sugar
- 1 Tablespoon cinnamon

Directions:

1. Heat oven to 425 F.
2. Brush both sides of pita bread with olive oil and place in a single layer on baking sheet.
3. Cook for 5 minutes and then turn the pita and cook for 5 more minutes.
4. Combine sugar and cinnamon
5. Remove from oven and sprinkle with sugar and cinnamon mixture.

Makes 16 pita chips



Tarrant County Public Health

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