



Mango Chutney

INGREDIENTS:

1 each	Mango, peeled and cubed
¼ cup	Orange juice
1 Tablespoon	Rice wine vinegar
1 Tablespoon	Honey
½ cup	Red peppers, chopped
½ cup	Red onion, chopped
1 Tablespoon	Cornstarch
2 Tablespoons	Water, cold mixed with cornstarch

PREPARATION:

- Combine all ingredients in medium sauce pot, and cook until fruit and vegetables are tender.
- Thicken with a corn starch slurry if necessary (¼ cup cornstarch and ¼ cup cold water or until slurry is formed). Add slurry very slowly and not all at once, or clumps may form.
- Serve over your favorite meat—pairs perfectly with our Pork Tenderloin.

Number of Servings:	8
Serving Size:	1/8 cup
Calories:	24
Fat Grams:	0

