

# Kiwi Chutney

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

## **Yield: 3 1/2 pints**

*12 kiwi*

*3 medium onions, chopped fine*

*1 lemon, sliced very thin (no seeds)*

*4 tablespoons preserved ginger, in small pieces*

*2/3 cup raisins, chopped coarsely*

*1/2 teaspoon salt*

*1/4 teaspoon cayenne*

*pepper*

*1 cup brown sugar*

*1 1/2 cups vinegar*

Peel and quarter the kiwi.

In a saucepan, combine the kiwi, onions, lemon, ginger, raisins, salt, cayenne, brown sugar and vinegar. Simmer gently for 1-1/2 hours. Stir frequently.

Cool slightly.

Ladle into sterilized jars.

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Per Serving (excluding unknown items): 1165 Calories; 1g Fat (1.1% calories from fat); 8g Protein; 273g Carbohydrate; 10g Dietary Fiber; 37mg Cholesterol; 1149mg Sodium. Exchanges: 0 Grain(Starch); 5 Vegetable; 5 1/2 Fruit; 0 Fat; 10 1/2 Other Carbohydrates.