

## **Blueberry-Chipotle Chutney**—Makes 4 cups

**Did you know?** Berries are loaded with vitamin C, which helps ward off illness and builds up the body.

4 cups fresh blueberries  
1 cup finely chopped Granny Smith apple  
1/2 cup white wine vinegar  
1/3 cup sugar  
1/3 cup honey  
3 tablespoons grated orange rind  
1 tablespoon mustard seeds  
2 tablespoons chopped canned chipotle chiles in adobo sauce (about 2 chiles)  
1/2 teaspoon salt  
1/2 teaspoon ground ginger

Combine all ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 25 minutes or until thick, stirring frequently. Cool; pour into airtight containers. Note: Refrigerate Blueberry-Chipotle Chutney in airtight containers up to two months.

Consider using this chutney as a barbecue sauce, basting it onto meat on the grill. Or spread it onto a tortilla, top with sliced grilled chicken and goat cheese, and roll up.

**Source:** [www.cookinglight.com](http://www.cookinglight.com)