

Winter Fruit Mostarda

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/winter-fruit-mostarda.html>

Ingredients

- 1 pkg. (10 oz.) frozen sliced peaches
- 1 cup frozen dark cherries
- 1 medium Bosc pear, peeled, cored and cut in 1 in. pieces
- 1 cup large seedless red grapes, preferably globe variety
- 4 (2in.x 1in.) strip orange zest
- ¼ cup pomegranate juice
- 1/3 cup dry mustard powder
- 3 Tbsp. balsamic vinegar
- ¼ cup honey
- ¼ cup sugar

Instructions

1. In mixing bowl, defrost peaches and cherries. Drain liquid from bowl into measuring cup. Transfer peaches and cherries to stainless steel or other non-reactive medium saucepan. Add pear, grapes and orange zest.
2. To measuring cup with peach and cherry liquid, add enough pomegranate juice to make ½ cup liquid, reserving extra pomegranate juice for another use.
3. Place mustard powder in small mixing bowl. Pour in juice mixture and whisk to combine with mustard. Add mustard mixture to pot with fruits. Add vinegar, honey and sugar.
4. Over medium-high heat, bring liquid to boil. Using wooden spoon, gently stir to combine fruits with liquid and sweeteners. Boil gently until liquid is foamy, then reduce heat and boil until liquid is slightly thickened and fruits are tender but not falling apart, 20 minutes.
5. Take off heat. Cool to room temperature. Transfer mostarda to jar or bowl (preferably glass) including liquid up to level of fruit. Keeps in refrigerator for 3 days.

Makes 6 servings. Yield: about 2 ½ cups.

Nutrition information per serving.

Calories: 165	Dietary Fiber: 2 g
Total Fat: 1 g	Sodium: 2 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol:	Carbohydrates: 40 g

