

Harvest of the Month GRAPES



Grape Broccoli Chutney Salad

Ingredients:

- 6 c. Fresh broccoli, cut into bit-sized pieces
- 2 c. Grapes, cut in half (red or green)
- 5 Green onions, chopped (1/4c.)
- 1 c. light mayonnaise
- ½ c. Plain Greek Yogurt
- 1 Tbsp. curry powder
- ½ of 9 oz. bottle of chutney (such as Major Grey's mango) – approx. ½ c.

Makes 12 Servings (1/2 c. per serving)

Method:

Stir together ingredients. Serve immediately or chill and serve the next day.

Per ½ c. Serv.

What is chutney: **Major Grey's Chutney** is a type of chutney, reputedly created by a 19th-century British Army officer of the same name who, though likely apocryphal,^{[1][2][3]} presumably lived in British India.^{[4][5]} Its characteristic ingredients are mango, raisins, vinegar, lime juice, onion, tamarind extract (occasionally), sweetening, and spices.^{[3][4][6]}

It has been described as a mild chutney compared to others that have a spicier flavor profile.^[6] In 1982, Major Grey's Chutney was described as being the most popular type of chutney used in the United States source: Wikipedia



Photo: Katie Schmidt

Nutrition Facts	
servings per container	
Serving size	(103g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 202mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Hanson's IGA, Lunda Community Center, Boys and Girls Club, local school districts, and the community. www.JacksonInAction.org