

# Sugar Free Candied Jalapenos



This can only be sugar free if you use WheyLow. WheyLow is the only sugar substitute I know of that will make a syrup. It is not calorie or carbohydrate free. It does have 1/10 the calories and 1/4 the carbs of sugar. WheyLow is also expensive and hard to find,

so, unless you're planning to eat a lot of it, just use sugar! Serve this over a block of cream cheese with some crackers. Your guests will love it!

- 1 lb. sliced stemmed and seeded jalapenos – see note below
  - 1 medium sweet onion small diced
  - 2 cloves garlic minced
  - 2 tbs. white vinegar
  - 2 tbs. water
  - 1 1/2 Cups sugar or WheyLow
  - 1/2 Tbs. mustard seeds
  - 1 tsp minced fresh ginger
  - 1/4 tsp. turmeric
  - pinch of salt and a grind of black pepper
1. In a nonreactive pot over medium heat cook the jalapenos, onion, garlic, vinegar and water until onions and jalapenos start to soften – about 10 min.
  2. Pour off about 1/2 of the water and add the sugar/WheyLow, mustard seeds, ginger, tumeric, salt and pepper. Stir until the sugar is dissolved.
  3. Reduce the heat to med low and simmer, uncovered stirring occasionally, until slightly thickened. It will continue to thicken as it cools.
  4. Allow to cool to room temperature.
  5. To serve, spoon over a block of cream cheese and serve

with crackers or chips.

6. Keeps refrigerated for 2-3 days.

Note: Seeding the jalapenos makes the dish look better and removes most of the heat. This will be mild – medium heat as written. To add heat, either use 1 or 2 serranos with the jalapenos or finely chop a habanero and add it at the end of cooking.