

# Pineapple - grilled or broiled

Makes 8 servings

## Ingredients

- 1 fresh pineapple
- 1 Tablespoon lime juice, lemon juice or orange juice
- 2 Tablespoons honey
- ½ Tablespoon cinnamon



## Directions

1. Preheat grill or broiler. Or use an electric skillet on high heat, about 425°F. Coat cooking surface with non-stick spray.
2. Peel, core, and cut pineapple into ½ inch slices.
3. Make a glaze by mixing juice, honey, and cinnamon in a small bowl until smooth.
4. Spread glaze on each side of each pineapple ring.
5. Grill or broil 4-5 inches from heat (or on electric skillet) for 5-10 minutes, turning once, until heated through and tender.
6. Can be served as a side with dinner, on a hamburger, or as a snack with low-fat vanilla yogurt.

## Nutrition Facts

Serving Size 3 slices (38.22g)  
Servings Per Container 8

### Amount Per Serving

**Calories** 35      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 9g      3%

Dietary Fiber <1g      3%

Sugars 7g

**Protein** 0g      0%

Vitamin A 0%      •      Vitamin C 25%

Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Variations:

**Change spices** - Try brown sugar and vanilla, or brush the fruit with olive oil and sprinkle with black pepper.

**Change fruits** - Other fruits that grill well are watermelon, peaches, pears, plums, apples, figs, and bananas. Softer, smaller fruits take less time to heat through.

**Kabobs** - Grill or broil fruit kabobs with strawberries and cubes of cantaloupe.