

Grilled Pineapple Salsa

Number of servings: 4
 Preparation time: 10 minutes
 Total time: 20 minutes

Ingredients:

- 1 fresh pineapple, peeled, cored, and chopped
- 2 teaspoons olive oil
- ¼ cup red onion, chopped
- ¼ cup sweet bell pepper, chopped
- ¼ cup rice vinegar
- 2 jalapenos, seeded and minced (optional)
- 2 tablespoons lime juice
- 1 tablespoon cilantro
- 1 ½ teaspoons garlic, minced

Directions

- Heat grill to medium-high heat.
- Brush pineapple slices lightly with oil. Grill until brown and caramelized, about 8 minutes per side. Cool slightly, and cut into 1-inch chunks. Transfer to a bowl.
- Add the remaining ingredients to the pineapple chunks. Toss to combine and serve.

Equipment Needed:

- Cutting board
- Knife
- Measuring cup
- Measuring spoons
- Mixing bowl
- Grill

The original recipe recommends a red bell pepper. Red bell peppers not only provide a splash of color to the dish, but also are a sweeter pepper than a green bell pepper.

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Nutrition Facts

Serving Size 1 serving (160.76g)
 Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 13g

Protein <1g

Vitamin A 2% • Vitamin C 110%

Calcium 2% • Iron 2%

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

*Remember to wash
 fruits and vegetables
 before cutting.*



Chef's Suggestion
 Serve this dish with grilled
 chicken or over chicken burritos.

(Recipe adapted from June 1995 issue of Martha Stewart Living, as listed at <http://www.marthastewart.com>.)

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