

Hot Dogs with Spicy Pineapple Relish

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Servings: 4

*2 tablespoons olive oil
1/2 cup diced red onions
1 cup diced bell peppers
(red and yellow)
1 diced jalapeno pepper
salt (to taste)
pepper (to taste)
1 cup diced pineapple
1 tablespoon honey
1 teaspoon mustard seeds
zest of one lime
juice of one lime
1/4 cup chopped cilantro
1/4 cup chopped parsley
4 hot dogs
4 hot dog buns, grilled*

In a large skillet over medium-high heat, heat the olive oil. Add the red onion, bell peppers, jalapeno, salt and pepper. Cook, stirring, until tender, 6 to 8 minutes.

Add the pineapple, honey, mustard seeds, lime zest and lime juice. Cook until thickened, 5 to 8 more minutes.

Remove from the heat. Add the cilantro and parsley.

Grill the hotdogs over medium-high heat, turning, until marked. Grill the buns.

Serve with the pineapple relish.

Per Serving (excluding unknown items): 414 Calories; 26g Fat (56.4% calories from fat); 11g Protein; 35g Carbohydrate; 2g Dietary Fiber; 29mg Cholesterol; 883mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat; 1/2 Other Carbohydrates.