

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*

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.

Per Serving (excluding unknown items): 108 Calories; 7g Fat (57.1% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.