

Sweet & Spicy Pineapple Salsa

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Start to Finish Time: 30 minutes

Makes a good topping for chicken or fish.

1/2 fresh pineapple, peeled, cored and cut into 1/2-inch slices.

2 jalapeno peppers

1 medium mango, peeled and finely chopped

1/4 cup onion, finely chopped

2 green onions, finely chopped

3 tablespoons fresh cilantro, minced

3 tablespoons lime juice

2 tablespoons olive oil

2 tablespoons honey

1/8 teaspoon salt

1/8 teaspoon pepper

1/8 teaspoon hot pepper sauce

Moisten a paper towel with cooking oil. Using long-handled tongs, lightly coat the grill rack.

Grill the pineapple, covered, over medium heat for 3 to 5 minutes on each side or until golden brown.

Grill the jalapenos until tender, turning occasionally.

Let the pineapple and peppers cool slightly.

Finely chop and transfer them to a large bowl.

Add the mango, onion, green onions, cilantro, lime juice, olive oil, honey, salt, pepper and pepper sauce.

Chill for at least 2 hours.

Before serving, allow the salsa to come to room temperature.

Yield: 2 cups

Per Serving (excluding unknown items): 665 Calories; 29g Fat (36.1% calories from fat); 4g Protein; 111g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 287mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 4 1/2 Fruit; 5 1/2 Fat; 2 1/2 Other Carbohydrates.