



### **Grilled Pineapple with Honey and Lime**

Christianna Gozzi MA, MS, RD, Eurest at UHG onsite dining

Cooking time: 15 minutes, Total time: 1 hour and 15 minutes

Serves 8

#### **Ingredients:**

- 1 each pineapple
- 2 tablespoons (30 mL) fresh lime juice
- 2 tablespoons (30 mL) honey
- ½ teaspoon (2.5 mL) freshly grated lime zest

#### **Instructions:**

1. Cut top and skin off the whole pineapple, leaving whole.
2. Cut each pineapple in half lengthwise. Then cut each half into 4 wedges.
3. Remove 1/4 inch of the core.
4. Make syrup by combining lime juice, honey, and lime zest. Stir until the honey is dissolved. Add pineapple and turn gently to coat on all sides. Let marinate at room temperature for 1-hour, rotating wedges several times.
5. Heat grill to medium. Remove pineapple from syrup and reserve syrup. Grill all three sides of the pineapple, about 10 minutes. Place warm pineapple back into the syrup and let cool. Arrange pineapple wedges on serving platter.

#### **Nutrition:**

Serving Size: 1/8 pineapple wedge

Calories: 100

Sugar 20g

Sodium 2mg

Total fat: 0

Carbs: 27g

Fiber: 2g

Protein: 0

Cholesterol: 0mg