



Elliott Evans Nutrition, LLC
Prevent and Protect
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GRILLED PINEAPPLE-AVOCADO SALSA

Cooking Light – June 2011

Makes 6 servings

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 pineapple, peeled, cored, and cut into ½-inch-thick slices
- Cooking spray
- 1/3 cup finely chopped red onion
- ¼ cup minced fresh cilantro
- 1 tablespoon fresh lime juice
- ½ teaspoon salt
- ½ teaspoon ground red pepper
- ¼ teaspoon ground cumin
- 1 Serrano chile, minced
- 1 avocado

Preparation:

- Preheat grill to high heat.
- Combine oil and honey, stirring well. Brush oil mixture over pineapple. Place pineapple on a grill rack coated with cooking spray; grill 2 minutes on each side or until golden. Remove from grill; cool 5 minutes. Chop.
- Combine pineapple, onion, and next 6 ingredients (through Serrano); toss gently.
- Peel, seed, and dice avocado. Add avocado to the pineapple mixture, and toss gently.