

Grilled Pineapple Spears

INGREDIENTS

- 1 pineapple cut into spears
- 1/2 cup Brown Sugar
- 1/2 cup Butter melted
- 1 teaspoon Cinnamon



INSTRUCTIONS

1. Lay the pineapple spears on a pan. Sprinkle lightly with cinnamon. Whisk together the butter, brown sugar and cinnamon. (If it seems thick, I always put it in the microwave for a few seconds so that it can easily pour on top of the pineapple.) Spread on top of the pineapple using a cooking brush.
2. Grill for about 7-10 minutes or until it is starting to turn golden brown. I always like to brush the excess sauce from the pan back on top of the pineapple before serving.

Variations of Glaze:

It is always fun to try new things and with pineapple it makes it even more delicious. Try these amazing flavors that also compliment the grilled pineapple.

Honey: Substitute the brown sugar for honey for a sweeter glaze or even half brown sugar and half honey.


Spicy: Add a little spice with chili powder or cayenne pepper in the glaze.

Coconut and Fruit Juice: This is a citrus favorite. Use lime, orange or lemon juice to infuse the pineapple with a bold citrusy flavor.

<https://therecipecritic.com/caramelized-grilled-pineapple/>

Grilled Pineapple Salsa

INGREDIENTS

- 1 fresh pineapple, peeled, cored, and chopped into 1" pieces
- CO-OP Gold Olive Oil 100% Extra Virgin, for brushing 
- 2 peaches, chopped
- 1 jalapeño, minced
- 1/2 red onion, chopped
- Juice of 1 lime
- kosher salt
- 2 tbsp. freshly chopped cilantro



DIRECTIONS

1. Preheat grill or grill pan over medium-high heat.
2. Brush pineapple with olive oil and grill until charred on both sides. Set aside to cool, then chop into bite-sized pieces.
3. In a medium bowl, mix pineapple, peaches, jalapeños, onions and lime juice. Season with salt and garnish with cilantro.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47362/grilled-pineapple-salsa-recipe/>