

Chile-Pineapple Sauce

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*1/2 to 1 Fresno chile pepper
(seeds removed), minced
3/4 cup pineapple juice
juice of one lime*

In a large nonstick skillet over medium-high heat, combine the chile pepper, pineapple juice and lime juice. Bring to a simmer.

Reduce the heat to medium. Cook until reduced to a thin glaze, about 10 minutes.

Per Serving (excluding unknown items): 105 Calories; trace Fat (1.3% calories from fat); 1g Protein; 26g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 1/2 Fruit.