

## **Grilled Pineapple-Avocado Salsa**

Cooking Light Magazine

**Preparation Time: 25 minutes**

**Start to Finish Time: 25 minutes**

**1 tablespoon olive oil**  
**1 tablespoon honey**  
**1 pineapple, peeled, cored and cut into 1/2-inch thick slices**  
**cooking spray**  
**1/3 cup red onion, finely chopped**  
**1/4 cup fresh cilantro, minced**  
**1 tablespoon fresh lime juice**  
**1/2 teaspoon salt**  
**1/2 teaspoon ground red pepper**  
**1/4 teaspoon ground cumin**  
**1 serrano chile, minced**  
**1 avocado**

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 for 2 minutes on each side or until golden. Remove from grill. Cool for 5 minutes.

Chop the pineapple. Combine the pineapple with onion, cilantro, lime juice, salt, red pepper, cumin and serrano pepper. Toss gently.

Peel, seed and dice the avocado. Add the avocado to the pineapple mixture and toss gently.

Yield: 3 cups

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Per Serving (excluding unknown items): 766 Calories; 47g Fat (50.2% calories from fat); 7g Protein; 97g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 1097mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 4 1/2 Fruit; 8 1/2 Fat; 1 Other Carbohydrates.