

Pineapple Serrano Salsa

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*2 pineapples
2 to 3 thinly sliced serrano
peppers
2 small red onions
1/2 cup chopped cilantro
2 tablespoons lime juice
2 teaspoons Kosher salt
1/2 tablespoon pepper*

Heat a grill to medium-high.

Peel the pineapples and cut into 1/4-inch planks.
Grill until marked, about 3 minutes per side.
Finely chop the pineapple, removing the core.

Soak the serrano chiles in ice water for 10
minutes. Then drain.

In a bowl, combine the pineapple, serranos,
onions, cilantro, lime juice Kosher salt and
pepper. Toss.

Refrigerate until ready to serve.

Per Serving (excluding unknown
items): 603 Calories; 5g Fat (6.2%
calories from fat); 8g Protein; 150g
Carbohydrate; 18g Dietary Fiber;
0mg Cholesterol; 3785mg Sodium.
Exchanges: 0 Grain(Starch); 5
Vegetable; 7 1/2 Fruit; 0 Fat.