

5 A Day Recipes

Side Dishes

Grilled Pineapple

Serves 4

Provides 1 fruit serving per person

Colorful food is a feast for your eyes and a pleasure for your palate. Did you know that the colors in the fruits and vegetables on your plate reflect nutrients that are critical for disease prevention? Most yellow vegetables are high in essential vitamins and carotenoids that help fight cancer. This bright yellow pineapple side dish will give you a healthy way to add Polynesian flair to your next barbecue. You start by brushing canned or fresh pineapple slices (2 per person for a serving) with soy sauce and a few drops of sesame oil. Grill or broil about 3 minutes per side or until they are brown and bubbly. Serve with grilled pork or chicken. Your family will bask in flavorful pleasure.

- 2 tablespoons low-sodium soy sauce
- ½ teaspoon toasted sesame oil
- 8 ½-inch slices fresh or canned pineapple

1. Preheat the barbecue or broiler. Stir the soy sauce and sesame oil together and brush lightly on the pineapple slices.
2. Grill about 2 or 3 minutes per side or until brown and bubbly. Serve with barbecued pork or chicken or cut in chunks as an appetizer.

Nutritional Analysis per serving:

106 calories
1 g fat
7% calories from fat
0 g saturated fat
0% calories from saturated fat
24 g carbohydrates
308 mg sodium
2 g dietary fiber