

Grilled Pineapple with Caramel Sauce

While the grill is on, make this delicious and easy to make dessert. Top it with some fresh caramel sauce and you have an elegant dessert perfect for a dinner party!

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| 1 | pineapple, fresh | 2 Tbs | honey |
| 1 Tbs | dark rum | ½ cup | caramel sauce |
| 1 Tbs | lime juice | | |

- 1 While grill is heating up, Combine rum, lime juice and honey in a bowl.
- 2 DO NOT PEEL PINEAPPLE. Cut off the top green part of the pineapple and quarter the pineapple lengthwise. Cut out the middle core of the pineapple, by slicing off about ½ inch of the middle spine lengthwise.
- 3 Brush pineapple with rum mixture and place yellow side down on the grill. Rotate pineapple quarters to cook or char each side of the yellow pineapple meat. Depending on how hot your grill is, this may take awhile or not.
- 4 Remove pineapple quarters from the grill to a platter. Using a serrated knife, cut the pineapple meat from the skin, but leave the skin underneath to create a boat. Then cut pineapple in wedges in your boat. Place quarters on individual plates and top with caramel sauce. See following recipe.

Servings: 4

Preparation Time: 15 minutes

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 243 calories, 10 calories from fat, 1.2g total fat, 3.4mg cholesterol, 51mg sodium, 290.4mg potassium, 58.9g carbohydrates, 3.2g fiber, 43.2g sugar, 1.8g protein.

Source

Author: Patricia K. Rose, 2011

