Grilled Pineapple Jalapenos Salsa

Recipe courtesy of Chris Williams

Ingredients

- 3-6 Jalapeno Peppers (Green and/or Red)
- 1 Pineapple (½ inch thick slices)
- 2 Red Onions (½ inch thick slices)
- 1 TBSP Chopped Fresh Mint
- 1 TBSP Chopped Flat Leaf Parsley
- 1 Lime
- Kosher Salt
- Black Pepper
- Extra VirginOlive Oil

Procedure

- 1. Prepare you grill.
- 2. Toss the onion slices and jalapenos in oil.
- Once the grill is hot, fold up a paper towel and soak with vegetable oil. Then drag across the grates.
- 4.Place the pineapple slices on the grill immediately. Grill 4-5 minutes per side
- 5. Place jalapenos and onion slices on grill for 3-4 minutes per side. Remove from grill. You should be able to remove the skins (they'll blister) from the jalapenos.
- 6. Chop the pineapple in small cubes (remove inner core).
- 7. Dice the onions and mince the jalapenos.
- 8. Combine all with the fresh mint and parsley. Juice the lime into the mixture and add a drizzle of extra virgin olive oil. Season with salt and pepper.



Urban Farming Institute

What we do

- One of the largest agricultural facilities in Broward County.
- A preceptor site for the Nova Southeastern University Registered Dietician Nutritionist Graduate Level Programming
- Built over 70 community gardens in Broward County, including hydroponics and raised garden beds
- A place where the community learns how to grow healthy food while enhancing their local environment



discoverufi.org



Support our Mission



Scan QR code for details

Come Visit Us! 1101 NE 40th Ct Oakland Park, Fl 33334