Roasted pineapple



About this recipe

Serves
8
Serving size
1/2 cup
Special criteria
Vegetarian recipes

Ingredients

- 1 large pineapple
- 1 lime, halved or 1⁄2 tablespoon lime juice

- 1 tablespoon brown sugar
- Baking spray

Directions

1. Preheat oven to 450 degrees.
2. Spray baking sheet with nonstick spray.
3. Cube pineapple in to 2 inch pieces.
4. Squeeze lime juice over pineapple cubes.
5. Sprinkle brown sugar over pineapple cubes.
6. Roast until soft and beginning to brown, 10-15 minutes.
7. Serve warm.

CACFP 1⁄4 cup roasted pineapple = 1⁄4 cup fruit

Tips and variations

- To reduce added sugars, roast pineapple without adding brown sugar.
- The lime juice may be omitted.
- Try roasting other vegetables such as peaches and apples.
- Canned pineapple chunks may be used as well. Use 2 - 20 ounce cans. Drain the juice before adding lime juice and brown sugar.

Nutritional info

Calories
48
Total fat
0 g
Saturated fat
0 g
Cholesterol
0 mg
Sodium
1 mg

Total carbohydrates
13 g
Dietary fiber
1 g
Protein
0 g
Total sugar
10 g

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