



Grilled Fresh Pineapple with Chocolate Sauce

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When pineapple is grilled, the sugars caramelize, and it tastes sweeter. This simple, elegant dessert is a healthy, fun way to serve fruit.

Ingredients

Grilled Pineapple

- 1 ripe pineapple, skin trimmed, cored, and sliced lengthwise

Chocolate Sauce

- 4.5 - 6 ounces of 72% dark chocolate bar

Directions

1. Use a cast iron pan or grill over very high heat. Place the pineapple slices on the grill or pan. Grill for 1 minute, then using tongs, turn over and grill the other side. Once both sides are grilled or slightly browned or blackened, remove from heat, and set on a sheet tray lined with parchment paper or oiled with cooking spray.
2. Use a double boiler or metal bowl over a saucepan with water to melt the chocolate over medium heat. Once the chocolate has melted, remove from heat.
3. Using a spoon, drizzle the chocolate lightly over the grilled pineapple slices.

It may be served immediately, or chilled and the chocolate hardens.

Makes approximately 8-12 wedges. Use 2-4 slices per serving.