

# GRILLED PINEAPPLE AND BANANAS

Yield: 8 (1 pineapple slice and 1 banana half)



**TOTAL TIME:** 40 minutes

## INGREDIENTS

- 1 cup granulated sugar
- 4 Tbsp. ground cinnamon
- 1 pineapple, remove rind, sliced in  $\frac{3}{4}$ -inch rounds (about 8 slices)
- 4 bananas, unpeeled, halved lengthwise
- Wegmans Clover Honey
- $\frac{1}{2}$  cup slivered almonds, toasted
- $\frac{1}{2}$  cup rough chopped walnuts, toasted

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## PREPARATION

**Helpful Tip:** You'll need nonstick foil.

Preheat grill on high 10 min.

1. Combine sugar and cinnamon in small, covered container. Shake to mix well; pour onto large shallow bowl or plate.
2. Blot pineapple slices dry with paper towel. Dip both sides in cinnamon-sugar mixture; coating completely. Set aside on prep tray.
3. Spread 1 tsp. of honey evenly along cut side of each banana. Let set 2 min. Dip cut side in cinnamon-sugar mixture; coating completely. Set aside on prep tray.
4. Clean grill with wire brush. Place nonstick foil on grill.
5. Place fruit, cut side down on grill. Grill on medium-high until caramelized on both sides and dark brown. Grill pineapple slices 3–4 min. per side; banana halves about 4 min. (Timing for fruits may differ. Be sure to check for color often.) Transfer to clean serving platter.

## NUTRITION

**Per serving:** 290 Calories; Fat: 8 g; Cholesterol: 0 mg; Carbohydrates: 57 g; Protein: 4 g; Fiber: 6 g; Sodium: 50 mg.

Recipe courtesy of Wegmans