

Grilled Pineapple with Ricotta

INGREDIENTS

2 tbsp slivered almonds
1 pineapple, cored and cut into rings (1/2")
1/2 tsp cinnamon
4 tbsp ricotta cheese
Mint leaves (optional)

DIRECTIONS

Add almonds to small pan set over medium heat, and toast for about 7-8 minutes, stirring often, until browned. Sprinkle pineapple with cinnamon. Place pineapple on hot barbecue or grill pan. Grill until heated through, about 3 minutes per side. Serve pineapple warm on 4 plates. Top each with ricotta cheese, toasted almonds, cinnamon and mint (optional).



Makes 4 servings. Each:
120 calories • 4g protein •
4g fat • 20g carb • 3g fiber •
25mg sodium