
Grilled Pineapple with Nutella

Adapted from a 2004 Giada De Laurentiis recipe

Internet Address:



Easy and low calorie too!

1 whole pineapple, peeled, cut crosswise into 1/3-inch-thick slices and core removed

1/3 cup creme fraiche, room temperature

1/3 cup Nutella, or other chocolate-hazelnut spread

Canola oil for brushing on the grill

1 1/2 tablespoons hazelnuts, chopped toasted

Serving Ideas: This can be served as a dessert - with a little scoop of vanilla ice cream nestled in the center, with a little tiny dollop more of the Nutella mixture on top, with more hazelnuts too.

Or, serve at a brunch. Use a limited amount of the Nutella mixture in that case - this would be served as a side dish (not dessert) so you don't want it to be overly sweet. You'll have leftover Nutella in this case.

Servings: 8

1. Lightly oil an outdoor grill. Grill the pineapple slices until heated through and beginning to brown, about 3 minutes per side. It's important to leave the pineapple on the grill, untouched, to create grill marks.
2. In a small bowl combine the Nutella and the creme fraiche and set aside.
3. Transfer pineapple slices to a serving platter and spread a little bit of the Nutella mixture on each piece.
4. Sprinkle tops with toasted hazelnuts and serve while still hot.

Per Serving (excluding unknown items): 120 Calories; 7g Fat (50.7% calories from fat); 1g Protein; 14g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>