



PREPARATION: 5 MINUTES | COOKING: 4 MINUTES | SERVINGS: 4

GRILLED PINEAPPLE

INGREDIENTS

1 tablespoon butter, melted

*½ teaspoon artificial coconut extract**

4 pineapple slices (preferably fresh fruit)

½ cup raspberries, fresh or frozen

* Coconut is very high in potassium and phosphorus but to still get the flavor you can use extract in moderation as we did in this recipe.

PREPARATION

- 1** Preheat the grill to medium-high.
- 2** In a small bowl, combine the melted butter with the coconut extract.
- 3** With a brush, baste each pineapple slice on both sides with the flavored butter.
- 4** Reduce the heat on the grill to medium. Place the slices directly on the grill and cook for 2 minutes per side.
- 5** Serve with the raspberries and enjoy!

SUGGESTION

- ✓ *Instead of the grill you can use a griddle pan and make the recipe on the stove.*



GRILLED PINEAPPLE



Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

1 Lower-Potassium Fruit

+ ½ Fat

Calories	77 Kcal
Protein	1 g
Total Carbohydrate	13 g
Fiber	2 g
Sugars	9 g
Fat	3 g
Saturated	2 g
Cholesterol	8 mg
Sodium	24 mg
Potassium	116 mg
Phosphorus	12 mg
Calcium	16 mg

Diet Types

- ✓ CKD Non-Dialysis ✓ Dialysis/Diabetes
- ✓ Dialysis ✓ Transplant

NUTRITION CHECK ✓

Discover grilling fruit

Summertime is a great time to try new ways to prepare fruits. Consider grilling fruit to create unique flavors and textures. The best part is that you can grill almost anything. Choose lower-potassium fruits such as pineapple, pears, apples, lemon, limes, plums, and watermelon.

No matter which fruit you choose, there are some basic techniques needed to create the perfect complement to a grilled meal.

- Choose fruit that is ripe, but not too ripe. Heat weakens the fruit's structure so overripe fruit will likely fall apart while grilling.
- Cut fruit in large pieces to prevent it from falling between the bars of the grill.
- Before grilling, lightly brush fruit with an oil that can stand up to high temperatures. Good choices include canola and safflower oil. Olive oil and butter are also an option when using lower temperatures.
- Once the fruit is placed on the grill, do not disturb. It needs to sit on the hot grill for a few minutes before checking for grill marks, approximately 2 to 3 minutes. The fruit's surface needs time to sear so it won't stick to the grill.

Be creative with your meal planning. Grilled fruit is delicious with both savory and sweet dishes so enjoy experimenting with a variety of combinations.

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