

Tropical Fruit Plate

Grilling transforms fruit into a special dessert!

Makes: 8 servings

Ready in: 25 minutes

Ingredients:

- ☐ 1 TSP, fresh lime zest - grated
- ☐ 1/2 TSP, salt
- ☐ 1/2 TSP, ground chili powder -or- 1/2 TSP, ground chipotle powder
- ☐ 1 mango, peeled and cut into thick slices
- ☐ 1/2 pineapple, cut into rounds
- ☐ 1/2 papaya, seeded and cut into thick wedges
- ☐ 2 TBSP, lime juice

Directions:

1. In a small bowl, stir together the lime zest, salt and chili powder (or chipotle powder). Set aside.
2. Brush fruit with lime juice.
3. Heat grill to 400F or prepare hot coals. Arrange fruit evenly on grill rack and cook about 3-4 minutes per side.
4. Transfer fruit to a large platter. Sprinkle with lime zest, salt, and chili powder mixture. Serve warm

***Notes:** You can use grill pans on the stove top or your oven broiler instead of using an outdoor grill!



Nutrition Facts	
Serving Size 0.75 cup	
Serving Per Container 8	
Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat <1 g	1%
Saturated Fat <1 g	1%
Sodium 153 mg	7%
Total Carbohydrate 15 g	5%
Dietary Fiber 2 g	7%
Protein <1 g	
https://eatfresh.org/recipe/side-dish-desserts/tropical-fruit-plate/	