

Stir Fried Pineapple with Honey Lime Sauce



Makes:

6 servings

Utensil:

7 Qt./6.6 L Wok with Cover
small mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Fresh pineapple, when ripe, is a sweet and cooling treat. Stir frying pineapple caramelizes its natural sugars and heightens its delicious flavors. This crowd pleaser dessert can be made in advance, or stir fry and serve it warm over cold ice cream or non-dairy frozen dessert.

1 fresh pineapple, peeled, remove core and cut into $\frac{3}{4}$ -inch
dice (approximately 2 cups)
(330
g)

$\frac{1}{4}$ cup
honey

(84
g) 3 tablespoons
lime juice, fresh

(45
mL)

1 teaspoon
lime zest, use Cone #1
(2
g)

2 tablespoons
rum or orange flavored liquor (optional)
(30
mL)

2 tablespoons
shredded coconut, unsweetened, toasted
(10
g)

1 pint
vanilla ice cream or coconut sorbet
(473
g)

fresh lime slices for garnish (optional)

Directions:

1. Preheat wok over medium heat. When several drops of water sprinkled on wok skitter and dissipate, add pineapple and stir fry for 6 - 8 minutes, turning occasionally until brown and caramelized on all sides. Cooking time will vary depending on how ripe the pineapple is.
2. In a small bowl combine honey, lime juice, lime zest and rum.
3. Pour honey-lime mixture over pineapple and toss to combine. Cook for an additional 1 - 2 minutes.
4. To serve, divide glazed pineapple evenly between six glasses, top with a scoop of ice cream and garnish with toasted coconut and fresh lime slices.

Tips:

- Substitute ice cream for yoghurt or serve on top of sliced pound cake.
- Scoop ice cream in advance and place ice cream scoops on a pan in the freezer until ready to serve.

Nutritional Information per

▼ Serving

Calories: 225
Total Fat: 6g
Saturated Fat: 4g
Cholesterol: 18mg
Sodium: 36mg
Total 42g
Carbs:
Dietary Fiber: 3g
Sugar: 35g
Protein: 2g