

Fresh Strawberry & Pineapple Salsa

2 Slices Fresh Pineapple, each ½ inch thick, patted dry

1 Cup Whole Strawberries (about 5 oz), diced

¼ Cup Finely Chopped Red Onion

3-4 TB Chopped Fresh Mint Leaves

1-2 tsp Sugar

1/8 tsp Crushed Red Pepper Flakes

1 Medium Lemon

Preheat a grill to medium high. Brush a grill pan or grill rack with canola or corn oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.

Meanwhile, in a medium bowl, stir together remaining ingredients except the lemon. Grate 1 tsp lemon zest, reserving the lemon. Stir zest and chopped pineapple into the strawberry mixture.