

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Tequila Lime Grilled Fruit Salsa

Serves: 4

Ingredients:

1 ripe mango, quartered
One whole pineapple, trimmed, skinned, cored and sliced vertically into four equal quarters
½ medium red bell pepper, cut in thirds and flattened for grilling
½ red onion, diced small
¼ cup fresh cilantro, chopped
Juice of ½ lime
1 tablespoon honey
1 tablespoon tequila
½ teaspoon smoked paprika
1 tablespoon fresh scallions

Directions:

1. Prepare a grilling surface at medium to medium-high heat. Make sure grill is cleaned and oiled so that you can grill fruits.
2. Cut mango in quarters and score the flesh, taking care to avoid cutting deeply. You'll be preparing this and other fruits for grilling - which adds great flavor.
3. Slice the top and bottom off whole pineapple, core the fruit and then quarter it, taking care to remove outer skin.
4. Grill mango and pineapple, charring each side and using care to repeatedly flip the fruit, charring each side. While the fruit is grilling, add the red pepper to the grill and char it on each side. Once all fruit are charred, remove from heat and set aside. Give the peppers a good grilling to char both sides, especially the skin side.
5. In a small bowl, combine red onion and lime juice (get as much juice as possible), and then scoop mango flesh from its skin into bowl. Add smoked paprika, cilantro, honey and tequila. Dice grilled pineapple into small pieces and add to bowl. Chop the charred red pepper into small pieces and add to bowl.
6. Toss all ingredients and then top with fresh scallions. Enjoy!

Recipe courtesy of Avera McKennan Hospital & University Health Center Executive Chef Drew Laberis