
THE
CrossFit*kitchen*



GRILLED PINEAPPLE

overview

Fire up the grill for this simple fruit dish.

blocks per 2 slices ($\frac{1}{8}$ of a pineapple)

1 carbohydrate block (unfavorable)

ingredients

- 1 pineapple
- 1 tsp. balsamic vinegar

directions

1. Cut the ends off the pineapple with a serrated knife.
2. Stand the pineapple on end and use the knife to remove the skin by slicing around the pineapple in a downward motion.
3. Quarter the pineapple lengthwise and remove the core. Slice each quarter into 4 pieces by halving it once in each direction.
4. Toss the pineapple slices in the balsamic vinegar and place on a hot grill for 3 minutes.
5. Flip once and cook another 3 minutes. Don't worry if the outside looks a little charred. It adds to the roasted-marshmallow-like flavor.

