



Recipes

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Caramelized Pineapple Habanero Sauce

Serves 1

Ingredients:

- 4 lbs. Pineapple spears, fresh, peeled, cored
- 3/4 cup Sugar
- 4 cups Red bell pepper, small diced
- 4 cups Red Onions , diced
- 1 cup Lime Juice
- 1/4 cup Habanero pepper, seeded, minced
- 1 cup Cilantro , finely chopped
- 1 Tbsp. Salt

Directions:

1. To make Caramelized Pineapple Habanero Salsa, toss pineapple spears with 1/4 cup sugar and transfer to a parchment-lined sheet pan coated with nonstick spray and spread out into even layer. Roast in a preheat convection oven at 350°F for 15 minutes. Remove from oven and turn over spears to roast for an additional 15 minutes, or until caramelized. Remove from oven and cool.