



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.