



# Pineapple Jerk Skewers

Jerk Turkey Meatballs, Crispy Banana Croquettes, Charred Pineapple... Yes Please!

I have to admit that prior to attempting this recipe, I've never eaten "Jerk" anything before, in my life. No, eating food that's been PREPARED BY a Jerk, doesn't count... I looked it up and the internet never lies. Jerk seasoning is a popular seasoning mix in the Caribbean, but is most famously associated with Jamaica. The most famous dish, of course, being Jerk chicken. "Jerk" is a very exotic flavor blend, containing allspice, cinnamon, nutmeg, brown sugar and a ton of heat from hot peppers. In this appetizer, I wanted to try to make a single bite, fun take on a Cuban/Caribbean dish. In WW, plantains are a lot of points, where bananas are 0 points. So, I set out to make a crispy, baked and breaded banana slice to take the place of fried plantains. This dish has a nice balance of spicy, sweet, citrusy, and texture combinations.

## Servings Info.:

Yield: 30

Servings: 30

Serving Size: 1 skewer



Range

1-1

- last checked 01/07/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Caribbean Jerk Meatballs

- 1 pound batch of my "Jerk" seasoned ground turkey. Recipe found in my "Cookbook: Volume 1", page 29.

### Breaded Banana Bites:

- (30) 3/4" slices of banana
- 1-3/4 cups rice krispies cereal, measured, then crushed.
- 1-1/2 tsp bread crumbs
- 2 tsp panko breadcrumbs
- 1-1/2 tsp self rising flour
- 1/2 tsp ground cinnamon
- 2 eggs, OR 2 egg whites if you're on Green

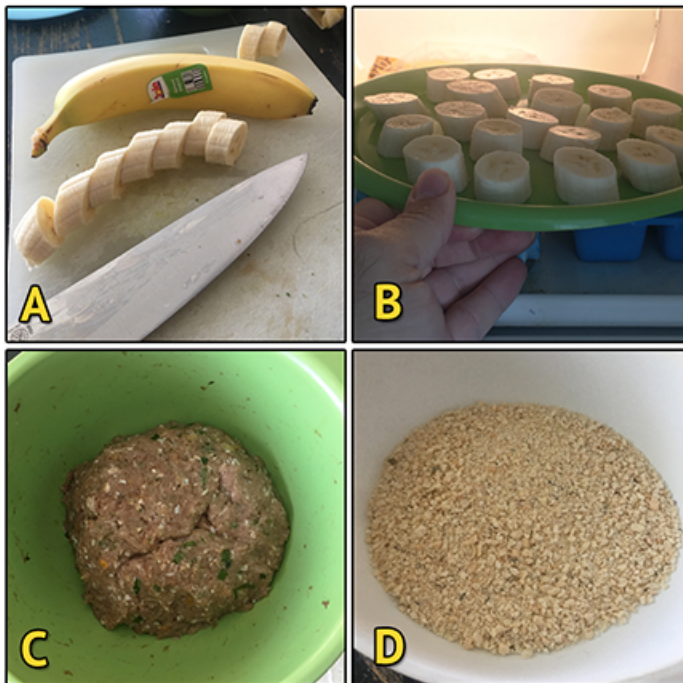
### Sauce/Glaze:

- 3/4 cup water
- 1/4 cup sugar free maple syrup (pancake syrup)
- 1 Tbsp 0 point natural sweetener of choice (Stevia, Monkfruit, Truvia, etc)
- 1 Tbsp RUM... Yup, actual rum. Yaaaarrrrrrrrr, matie!!
- 1 tsp rum extract (in the spice aisle, by the vanilla extract)
- 1 Tbsp lime juice
- 1/8 tsp cayenne pepper
- 1-1/2 tsp cornstarch dissolved in a little water

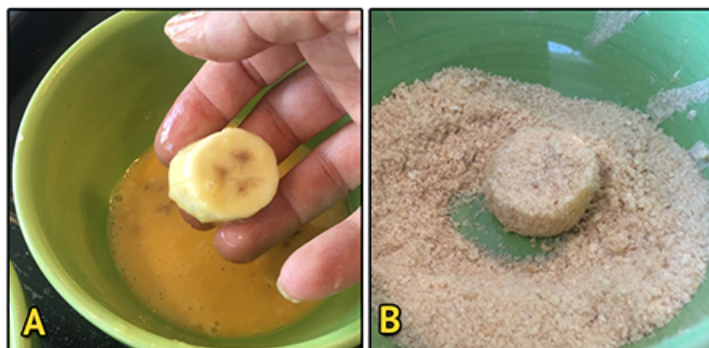
### Additional Ingredients:

- 30 bite sized chunks of fresh pineapple
- Additional fresh thyme for garnish, finely chopped

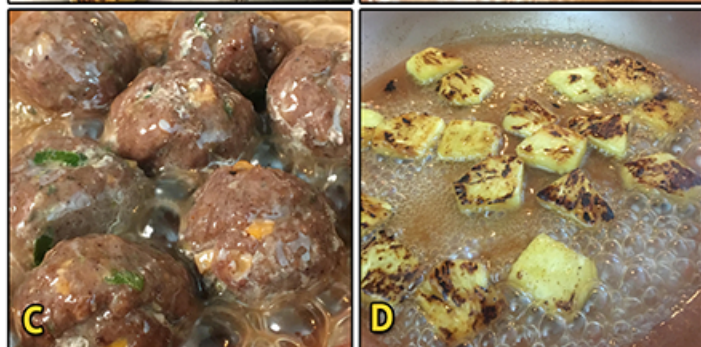
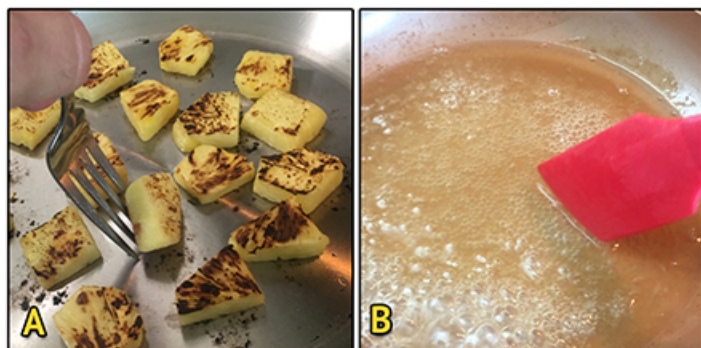
## Directions:



1. (A) It'll take you a few bananas, but make 30 slices, roughly around 3/4 inch thick and set onto freezer-safe plates, spritzed with cooking spray. (B) Place the bananas into the freezer while you prepare the other ingredients. (C) Mix a 1lb batch of the "Jerk" seasoned ground turkey, from my first cookbook, page 29. Cover with plastic wrap and allow to sit for 30 minutes. (D) While the meat is resting and the bananas are freezing, make the breading. Place the rice krispies, bread crumbs, self rising flour and cinnamon into a large ziplock bag. Crush the mixture until the rice krispies are broken down and it all takes on the texture of regular bread crumbs. Set aside.



2. (A) Beat the 2 eggs together in a bowl. Remove the bananas from the freezer, then dip them 1 at a time, into the egg wash. (B) Let the excess egg drip off of the banana, then coat with the breading. Place each breaded slice onto a large baking tray, lined with foil paper and coated with cooking spray. (C) Bake the bananas at 425 degrees for 12 minutes, then flip and (D) bake for 10 more minutes, or until browned. Remove from oven, set aside.



4. (A) Use paper towels to pat your pineapple chunks dry. Heat a large pan over medium high heat, spray the pineapple with cooking spray, then cook for 3 minutes on each side, till charred. Set aside (B) Combine ALL of the sauce ingredients into the pan and bring to a low boil for 2 minutes, till thickened. (C) Toss the meatballs in the glaze, then set aside in a bowl. (D) Place the pineapple chunks into the glaze, toss to coat, then turn off heat.



3. (A) Line a baking pan with foil and cooking spray. Use a measuring spoon to scoop even 1 Tablespoon scoops of meat into your palm. Form into small balls, then (B) place onto the baking pan. (C) Bake the meat at 425 degrees for 15 minutes, or until cooked through. Set aside.

5. Assemble by setting one cooled banana chip onto a plate. Set a meatball on top of the banana, then place a piece of pineapple on top of the meatball. Skewer with a toothpick and garnish with finely chopped fresh thyme.

#### NOTES:

- A) You can use papaya or mango in place of the pineapple.  
 B) Adjust the level of spice, by adjusting the cayenne pepper.  
 C) For a more golden color on the banana bites, toast the 'dry' breading ingredients first, in a hot pan, till golden brown. Once cooled, use it to bread the banana slices.

