



# Pineapple Chili Sauce & Marinade

This sweet and refreshing sauce has an herby, slightly spicy kick from crushed red pepper flakes



This is an incredibly simple sauce to make, which also works as a fantastic marinade for meats. The vibrant sweetness of the pineapple, with the tart lime juice, hint of garlic and the pop of cilantro, along with the slight pepperiness, make this a very simple yet complex sauce. It tastes better the longer it rests, prior to use.

## Ingredients:

- 3 cups pineapple chunks (fresh)
- 1/4 cup cilantro, chopped & loosely packed
- 1 small garlic clove, around 1/2 tsp minced
- 1 Tbsp lime juice
- 1/2 tsp crushed red pepper flakes
- pinch of salt, to taste
- Patience

## Serving Info:

Yield: 2-1/4 cups  
Servings: 9  
Serving Size: 1/4 cup



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*- last checked 11/15/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.*

## Directions:

1. Place all of the ingredients into a blender or food processor.
2. Process until smooth, then place into a bowl and allow to rest, in the fridge, for at least 1 hour. The longer it rests, the more the flavors develop. Trust me.

## Notes:

- Though I highly, highly recommend using fresh pineapple, you CAN use canned, rinsed/drained pineapple chunks, in a pinch. It won't taste AS great as a sauce, but will work fine as a marinade. It will also be a thinner, more watery mixture if using canned pineapple.
- I'm not lying when I say it tastes better the longer it sits. When I first made this sauce I tried some immediately... it tasted ok. I set it in the fridge and tried it again an hour later, it had a much better flavor. After 2-3 hours it was fantastic. This is a great make-ahead sauce.
- The acidity of this sauce makes it a great marinade for not just imparting flavor, but also tenderizing whatever you marinate in it.
- This sauce gains points for folks on the Diabetic plan, due to the pineapple.