



Grilled Fruit on a Spinach Salad

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Directions:

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Grilled Pineapple

1. To grill pineapple, remove the top of the pineapple and skin cutting from the top to the bottom using a serrated knife. I like using a serrated knife because it is a little easier to use with such a tough outer skin.
2. After removing the outer skin, cut in half and remove the inner core.
3. Cut a “V” shape but do not go all the way through. I like to spray or brush Avocado oil on the pineapple before placing it on the grill, this will prevent it from sticking.
4. Place the pineapple halves on a 45-degree angle and sear for 2-3 minutes.
5. Turn to the opposite side again on a 45-degree angle which will give you a nice diamond shape grill mark.
6. Remove from grill and place on cutting board.
7. You can cut into wedges about ½ inch thick.
8. Grilled pineapple can be a great addition to any salad, over rice or even drizzle maple syrup or honey over it and serve with ice cream and make a new fun summer dessert.

Grilled Peaches

1. Cut peaches in half and remove the pit in the middle.
2. To ensure the peaches from sticking to grill, spray or brush avocado oil on them before placing on grill.
3. Grill should be at least 450F-550F.
4. Place on grill and cook for 2-3 minutes.

Grilling fruit releases the natural sugars, and they produce a lovely caramelization. Grilled peaches are perfect with baby spinach, goat cheese, toasted sunflower seeds and your favorite balsamic vinaigrette.

