

## Asian Slaw Over Sliced Pineapple

Servings: 6 @ 1 point, 1 points plus

This colorful dish makes a nice first course or BBQ side. Spice it up with minced jalapenos or a shot or two of hot sauce.

### Ingredients:

1 medium pineapple, golden-variety, peeled and cored

1 cup shredded carrots, thickly shredded

2 cups shredded cabbage

1 cup jicama, peeled and cut into matchsticks

3/4 cup cilantro, fresh, coarsely chopped

1/2 cup scallion, sliced

3 Tbsp rice wine vinegar

2 tsp canola oil

1/2 tsp table salt

1/4 tsp black pepper, freshly ground

2 Tbsp sesame seeds, toasted

1 Tbsp fresh lime juice

Instructions: Cut six 1/2-inch-thick slices from pineapple; set aside. Dice remaining pineapple (you should have about 1 cup); place in a large bowl. Add cabbage, carrots, jicama, cilantro, scallions, vinegar, oil, salt and pepper; toss to mix and coat. Let stand a few minutes for flavors to blend. Arrange pineapple slices on a serving platter or 6 serving plates; top with slaw and sprinkle with sesame seeds (and lime juice, if desired). Yields 1 pineapple slice, about 1 cup slaw and 1 teaspoon sesame seeds per serving.

