



aprons

Pineapple-Jalapeño Burger with Pineapple-Nut Whip Dip



Aprons Advice:

- Complete your meal with french fries, fresh salad blend, green tea, and fresh-cut fruit.
- Make the burger recipe using Publix's other flavors of gourmet burgers.

COOKING SEQUENCE

- Preheat grill, then prepare dip and chill (15 minutes)
- Prepare burgers and serve with dip (20 minutes)

PINEAPPLE-JALAPEÑO BURGER

Ingredients

- 1/2 peeled/cored fresh pineapple
- 1 small red onion
- 1/2 teaspoon pepper
- 1/3 cup ponzu sauce
- 4 (8-oz) fresh ready-to-cook stuffed burger patties
- Cooking spray
- 4 teaspoons prediced pickled jalapeños
- 4 Bakery hamburger buns

Prep

- Preheat grill.
- Cut pineapple and onion into 1/2-inch-thick slices.

Steps

1. Place pineapple and onions in shallow dish; stir in pepper and ponzu sauce. Coat burgers with spray; place on grill and cook 5 minutes (do not turn).
2. Coat pineapple and onions with spray. Turn burgers. Add pineapple and onions to grill (reserving marinade); cook 4–5 minutes, turning once, until grill-marked and tender, and burgers are 160°F.
3. Place marinade in small saucepan; bring to a simmer on medium for 4–5 minutes or until sauce has thickened. Place 1 teaspoon jalapeños on bottom half of each bun; top with burger, pineapple, onions, reserved marinade, and top half of bun. Serve.

PINEAPPLE-NUT WHIP DIP

Ingredients

- 8 oz frozen whipped topping, thawed
- 1/2 peeled/cored fresh pineapple, finely chopped
- 1 (6.4-oz) package praline pecans, finely crushed
- 8 oz whipped cream cheese
- Deli pretzel crisps (optional, for dipping)

Steps

1. Thaw whipped topping. Chop pineapple; crush pecans.

2. Whisk whipped topping and cream cheese in large bowl until combined and smooth. Gently stir (fold) in pineapple and pecans. Chill 10 minutes (or overnight). Serve with pretzel crisps, wafers, or shortbread cookies if desired. (Makes 8 servings.)

NUTRITIONAL INFORMATION

Pineapple-Jalapeño Burger

CALORIES (per 1/4 recipe) 620kcal; FAT 34.00g; SAT FAT 12.00g; TRANS FAT 2.00g; CHOL 115mg; SODIUM 940mg; CARB 48g; FIBER 2.00g; SUGARS 20g; PROTEIN 32g; CALC 4%; VIT A 0%; VIT C 0%; IRON 30%

Pineapple-Nut Whip Dip

CALORIES (per 1/8 recipe) 330kcal; FAT 20.00g; SAT FAT 11.00g; TRANS FAT 0.00g; CHOL 30mg; SODIUM 150mg; CARB 30g; FIBER 1.00g; SUGARS 27g; PROTEIN 2g; CALC 2%; VIT A 0%; VIT C 0%; IRON 0%