

Roasted Pineapple Spears with Coriander and Honey

1 ripe organic pineapple, peeled, cored and sliced lengthwise into thin spears or strips

1/2- 1 cup local, raw honey, mildly flavored; or enough to thoroughly coat pineapple

ground coriander, to taste

mild vegetable oil, such as canola, for the baking tray

Preheat your oven to 375-400 degrees F, depending on how hot your oven runs. On a lightly oiled baking tray, lay down the pineapple strips and put in the middle of the oven.

In the meantime stir together enough honey to coat the strips thoroughly, and ground coriander to taste; you want enough to glaze the pineapple spears but not drown them.

Check the pineapple after 5-8 minutes; if starting to become tender, flip spears over to the other side, cook until thoroughly tender but not falling apart. Pull tray from oven and drizzle or spoon the honey glaze over both sides of the pineapple to coat thoroughly, return to oven 3-5 minutes until honey starts to caramelize. Turn spears over if necessary and repeat. Remove from oven and remove immediately from the tray before they cool and become stuck to the tray (the glaze will harden).

Can be served warm or cold; as-is, or topped with vanilla bean or coconut ice cream, sprinkled with toasted coconut; whipped cream, or a dessert sauce such as coconut kefir with vanilla bean, grated ginger, orange juice and zest. *-Janice Janostak-*

