



Makes 4 cups
Preparation Time: 10 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 large pineapple, peeled and cut into chunks, or 6 cups frozen pineapple chunks, thawed

6 to 8 fresh mint leaves, thinly sliced

½ cup fresh or thawed frozen pomegranate arils

Roasted Pineapple with Fresh Mint

Three simple ingredients create a gorgeous fruit-forward dessert that's 100% free of added sugar and fat. Roasting **pineapple** chunks turns their tart juices caramel-sweet, and the mellowed-out tropical flavor pairs beautifully with tangy **pomegranate** arils. Chopped fresh mint adds a mouthwatering aromatic component and invokes the flavor profile of a fancy tiki drink, sans alcohol. Plus, the juice collected from the cut-up pineapple doubles as a fruit syrup that you can spoon over this refreshing treat!

Tip: Use a silicone baking mat to roast the pineapple; it transfers heat better than foil or parchment.

For more pineapple dessert inspiration, check out these tasty ideas:

- [Sweet Potato and Pineapple Crisp](#)
- [Grilled Pineapple Pie](#)
- [Pineapple Sherbet](#)
- [Pineapple-Vanilla Granita](#)

By Mary Margaret Chappell

- 1 Preheat oven to 450°F. Line a baking sheet with a silicone baking mat. Place pineapple chunks in a colander over a large bowl; let stand 5 to 10 minutes to drain and catch juice. Stir mint into juice in bowl.
- 2 Spread pineapple chunks on the prepared baking sheet. Roast 25 minutes or until fruit begins to brown and caramelize on the edges, turning once or twice for even browning.
- 3 Transfer hot pineapple to the bowl with juice and mint; toss to coat. Serve warm, at room temperature, or chilled. Just before serving, fold in pomegranate arils. If you like, garnish with additional fresh mint.