

## Pineapple and Manchego Skewers

**Yields: 5 servings**

### **Ingredients:**

1/2 pound fresh pineapple, peeled  
6 ounces Manchego, at room temperature  
2 tablespoons sugar  
2 tablespoons salted butter  
1 tablespoon water  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground chipotle  
¼ teaspoon Kosher salt  
Freshly ground black pepper  
20 small bamboo skewers

### **Directions:**

1. Cut the pineapple into ½- inch cubes using a serrated knife.
2. Cut the Manchego into cubes about the same size. You should have about 20 pineapple cubes and 20 Manchego cubes.
3. Place the sugar in a small skillet and add 1 tablespoon of water. Cook over high heat until it turns into a light amber caramel color, about 2 to 3 minutes (since this a very small quantity it can be easily overcooked, so watch carefully).
4. Add the butter and whisk well. Everything will splash and bubble, so be careful.
5. When the butter is well blended with the caramelized sugar, turn the heat to low and add the cinnamon and chipotle. Cook the caramel until it gets a little thicker, about 2 minutes.
6. Add the pineapple squares and swirl the pan around, allowing the pineapple to caramelize in the sauce and become lightly golden brown, but being careful not to let it get too mushy, about 3 to 4 minutes.
7. Season with salt and pepper.
8. Pour the pineapple and sauce onto a flat plate.
9. While the fruit is still hot, place a piece of pineapple on the skewer then a piece of Manchego (the pineapple should top the cheese).
10. Place the skewers on a serving plate and serve immediately, while the pineapple is still warm.

### **Nutrition information (1 serving)**

Calories 206; Fat 16 g; Saturated fat 10 g; Cholesterol 49 mg; Sodium 291 mg;  
Carbohydrates 8 g; Fiber 0 g; Protein 7 g