



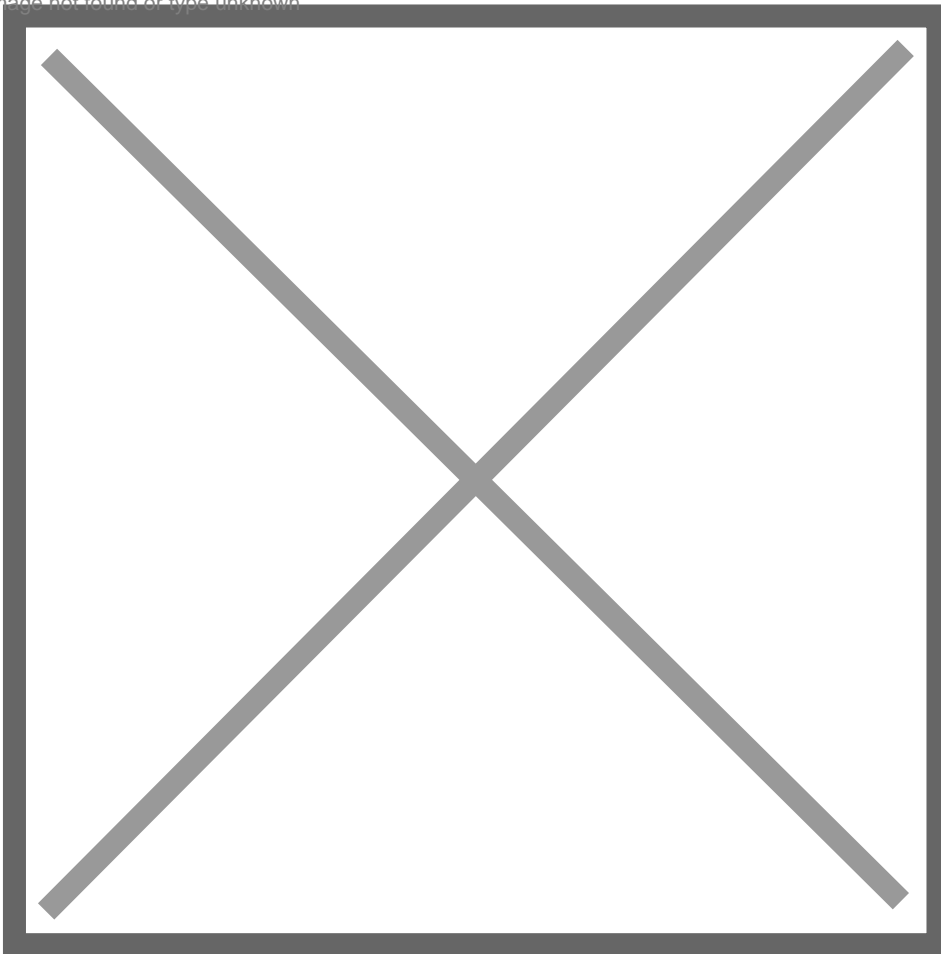
## Transform Your Meals With One Easy Step

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Putting variety to your everyday menu can be challenging. One solution is to add new flavors that can instantly elevate your dishes. [Del Monte Pineapple Tidbits](#) and [Pineapple Slices](#) are versatile ingredients that go great with almost any recipe, adding fruity, tart, and sweet flavors to your usual fare.

Let's take a look at some of the ways pineapples can level up your dishes.

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### **[Shrimp Salad with Pineapples](#)**

Shrimp and pineapples are great ingredients to add to a leafy salad. These ingredients offer distinct but complementary flavors, which goes well with lettuce, cucumber, and onions. Enjoy this salad with your choice of vinegar or cream based dressings.



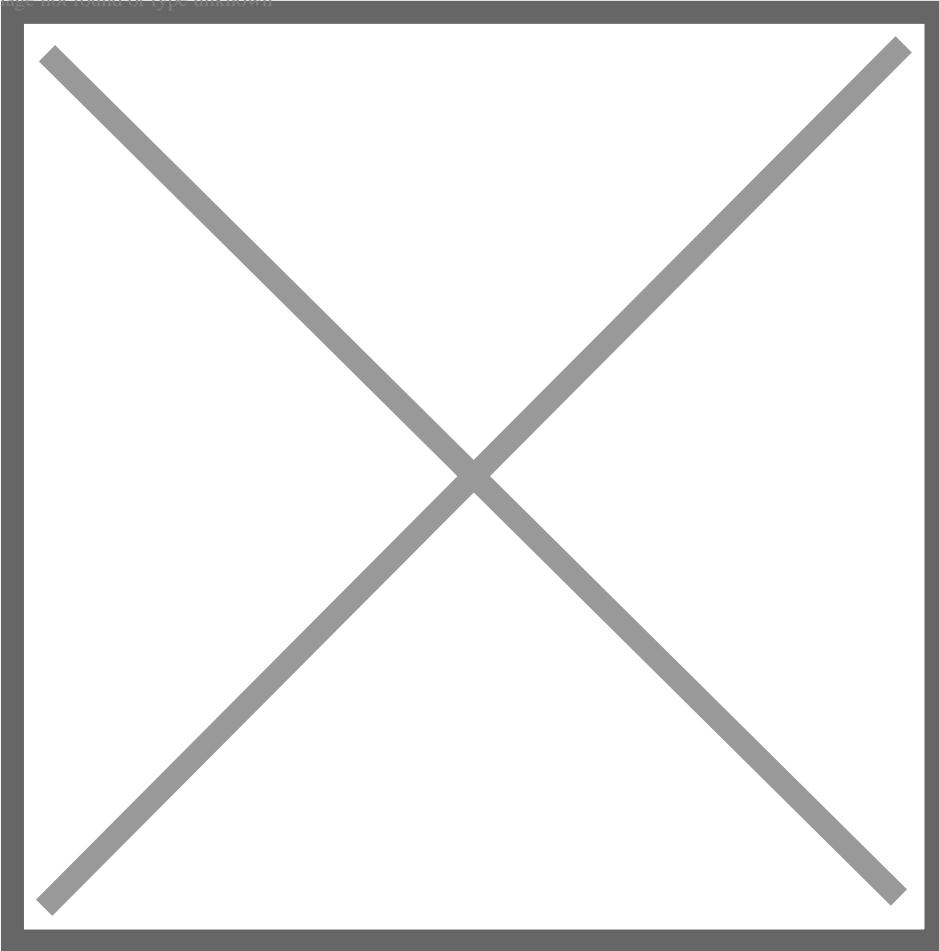
### **Grilled Pineapple**

Having barbeque outdoors can be fun, and it goes without saying that the food will be awesome. But sometimes having too much grilled meat can be nauseating. Having a small slice of grilled Del Monte Pineapple Slices on your plate is great way to cleanse your palate and dig in for more barbeque. Adding this to your regular burger sandwich can automatically add a cool twist.

### **Pork Chops with Pineapple**

You may not know this, but the pineapple contains the enzyme Bromelain, which is great for tenderizing meat. You can top your pork chops or beef steaks with fresh or grilled pineapple to make the meat tender, but also to add a fruity side element that complements your juicy steaks. Watch the Kitchenomics episode to see how it's done!

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### **Fish Steaks**

No matter how you cook them, fish dishes have a lot of flavor and aroma. Searing a fish fillet lightly on each side creates a savory dish with layers of texture and flavor. But one of the best ways to highlight the creamy flavor and taste of fish is by creating a salsa with Del Monte Pineapple Tidbits that adds interesting flavor notes to plain seared fish.

Introducing new flavor twists can be a pleasant surprise and a welcome change to daily dishes. That's why it's great to use the versatile Del Monte Pineapple as an additional ingredient. The fruit is tasty and flavorful, but it also mixes well with a lot of different flavors and textures. It not only helps improve the taste, it also adds visual appeal!

#### **Sources:**

*20 ways to Use Pineapple* <http://www.wisebread.com/20-delicious-ways-to-use-pineapple>

*Healthy Pineapple Recipes and Cooking Tips* [http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_pineapple\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_pineapple_recipes)

*16 Ways to add Pineapple to your Dinner Prep* <http://www.delish.com/cooking/g1124/savory-pineapple-recipes/>