



Hungry Grilled Pineapple with Yogurt Dip



1/4th of recipe (4 grilled pineapple rings with 1/4th of dip): 137 calories, <0.5g total fat (0g sat fat), 18mg sodium, 31.5g carbs, 3g fiber, 23.5g sugars, 5g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 5 minutes **Cook:** 20 minutes



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Ingredients

16 pineapple rings (or slices), fresh or packed in juice
One 5.3-oz. container (about 2/3 cup) fat-free plain Greek yogurt
2 packets natural no-calorie sweetener
1/8 tsp. cinnamon
1/8 tsp. vanilla extract

Directions

Bring a grill pan sprayed with nonstick spray to medium-high heat. Working in batches as needed, cook pineapple rings until slightly blackened and caramelized, about 2 minutes per side.

Mix yogurt, sweetener, cinnamon, and vanilla until uniform.

Serve with pineapple for dipping.

MAKES 4 SERVINGS

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.