

5 ideas for... CANNED PINEAPPLE CHUNKS

Yes, you do deserve a vacation. But if you can't jet off to warmer climes, the tropical treats below will brighten the bleak midwinter. Chock-full of vitamin C, this sweet and tangy fruit enhances both quick savory dishes and simple desserts. Just open a 20-oz. can of pineapple chunks in juice and drain. These recipes are all so easy, making them is (almost) like a day at the beach.

1 Jerked Pork Chops Sprinkle 4 bone-in pork loin chops (each $\frac{1}{2}$ in. thick; $1\frac{3}{4}$ lbs. total) with $\frac{1}{4}$ tsp. salt and $\frac{3}{4}$ tsp. jerk seasoning. In 12-in. skillet, heat 1 Tbsp. vegetable oil on medium-high until hot. Add 2 chops; cook 4 minutes or until browned but slightly pink in center, turning once. Transfer to plate. Repeat with remaining chops. To same skillet, add pineapple; 3 scallions, thinly sliced; and $\frac{1}{2}$ tsp. salt. Cook 1 to 2 minutes or until pineapple is browned, stirring occasionally. Spoon over chops. Serves 4.

2 Piña Colada Smoothie In blender, puree pineapple, 1 ripe banana, 1 can (14 oz.) light coconut milk, 1 container (6 oz.) fat-free vanilla yogurt, and 1 c. ice until smooth and frothy. Serves 4.

3 Cranberry Ginger Chutney In 4-qt. saucepan, combine pineapple, $\frac{1}{2}$ c. sugar, $\frac{1}{4}$ c. dried cranberries, $\frac{1}{4}$ c. distilled white vinegar, and 1 tsp. grated fresh ginger. Heat to simmering on medium; cook 13 minutes or until liquid releases and then nearly evaporates, stirring occasionally. Serve with roast pork or grilled chicken. Makes 2 c.

4 Sweet & Spicy Chicken Cut 1 lb. skinless, boneless chicken thighs into very thin strips; sprinkle with $\frac{1}{2}$ tsp. ea. salt and pepper. Heat 12-in. skillet on medium-high until hot. Add chicken in single layer; cook 4 minutes (do not stir). Stir once, then add 2 cloves garlic, crushed with press, and $\frac{1}{4}$ tsp. crushed red pepper. Cook 1 minute, stirring. Add 1 Tbsp. lower-sodium soy sauce; cook 1 minute, stirring. Add pineapple; cook 2 minutes, stirring. Serve with brown rice. Serves 4.

5 Chocolate Icebox Cheesecake Beat 1 c. heavy cream to soft peaks. Beat 8 oz. cream cheese, softened, and 1 c. confectioners' sugar 4 minutes or until fluffy; fold in whipped cream. In 8-in. square baking dish, spread thin layer of cream mixture. Top with 16 chocolate wafers, overlapping slightly. Spread half of remaining cream mixture over. Add pineapple in single layer, pressing gently. Top with another 16 chocolate wafers, then remaining cream mixture. Refrigerate cheesecake at least 30 minutes and up to 5 hours. Serves 8.

