

## Dinner – Paleo

### Ham and Pineapple Skewers and Oven-Roasted Tomatoes

**SERVES: 4 PREP: 15 min. COOK: 10 min.**



### Ingredients

1 lb. ham, cut into cubes

1 pineapple, cut into cubes

¼ cup fresh pineapple juice

1 tsp. Dijon mustard

2 tsp. coconut aminos

2 tsp. raw honey; (optional)

½ tbsp. fresh ginger, minced

Sea salt and freshly ground black pepper

Wood or metal skewers

### Preparation

1. Preheat your grill to a medium heat.

2. In a bowl, combine the pineapple juice, coconut aminos, honey, ginger, mustard, and season with salt and pepper to taste.

3. Thread alternating pieces of pineapple and ham onto the skewers.

4. Grill the loaded skewers for 8-10 minutes, basting with the sauce and turning frequently.

## **Oven-Roasted Tomatoes**

**SERVES: 4 PREP: 15 min. COOK: 1 h.**

### **Ingredients**

2 lbs. plum or mixed tomatoes, sliced

3 tbsp. extra-virgin olive oil

1/2 tsp. dried oregano

2 tbsp. balsamic vinegar

2 garlic cloves minced

2 tsp. raw honey; (optional)

½ cup fresh basil leaves, torn

Sea salt and freshly ground black pepper

### **Preparation**

1. Preheat your oven to 325° F.

2. Place the sliced tomatoes on a baking pan.

3. In a bowl, make the vinaigrette by combining all the remaining ingredients. Mix well and season to taste.
4. Drizzle the vinaigrette over the tomatoes and place in the oven.
5. Bake for 1 hour.