

Pineapple Sage Lemonade

(For 1 quart)

Freshly Squeezed Lemon Juice from 2-3 lemons
2 cups of ice
cold water (for sparkling lemonade, use carbonated water)
honey (to taste)
8-10 Pineapple Sage Leaves roughly chopped

Pour the lemon juice and ice in a pitcher; add water until it is just under a quart. Add honey to taste. Add sage leaves and stir until the honey has completely dissolved. Immediately serve over fresh ice. Enjoy!

Pineapple Sage and Citrus Grilled Chicken

- tbsp. orange zest
- juice of 2 navel oranges (about 1 cup)
- juice of 2 limes
- tbsp. pineapple sage, roughly chopped
- tbs. olive oil
- salt and pepper, freshly ground - to taste
- 1 pound chicken tenders

Combine first 6 ingredients in a medium-large sealable bowl. Mix well. Add chicken tenders. Marinate in fridge for at least 1 hour and up to 6 hours. Grill for about 5 minutes on each side, or until cooked through.

Pineapple Sage Salsa

- cups fresh pineapple cut into ½inch pieces
- ½ cup sweet red pepper
- ¼ cup Vidalia onion, finely chopped (sweet onion)
- ½ teaspoon chipotle pepper, crushed (hot chili peppers can be substituted)
- ¼ cup pineapple sage flowers, coarsely chopped or (instead, I use 1 cup chopped pineapple sage leaves.)

Note: To get ¼ cup of flowers, you'll need 20 or more flower stems of pineapple sage

Mix above ingredients together and refrigerate 12 hours to get all of the flavors and juices extracted. Mix again before serving.

Pineapple Sage Pound Cake

1 cup butter, room temperature
1 cup sugar
¼ cup honey
5 eggs
2 T chopped pineapple sage leaves
3 T chopped pineapple sage flowers
1 t grated lemon peel
4 T well-squeezed, chopped pineapple
1 t baking powder
2 cups flour

Cream butter and sugar until light and fluffy. Beat in honey. Add eggs one at a time, making sure to beat one minute after each addition. Beat in sage leaves, flowers and lemon peel. Stir dry ingredients together and add to butter mixture. Fold these together gently until just blended. Pour into 4 mini loaf pans (6"x3"x2"). Bake at 350oF for 45 minutes. Cool 10 minutes before removing from pan.