



# Tropical Pineapple Yogurt Coleslaw

## The First Bite

I tasted this slaw at a beach barbecue last summer. The sweet pineapple mixed with spicy pepper was amazing. It felt like a party in my mouth. **Ever wondered how to make coleslaw unforgettable?** This recipe does it. It turns simple ingredients into something special.

## My Kitchen Mishap

My first try, I forgot to drain the pineapple. The slaw was a bit too wet. I simply poured out the extra liquid. It was still delicious and nobody noticed. **This shows that home cooking is forgiving and fun.** Small mistakes often lead to great meals.

## Why It Works

The creamy yogurt cools the spicy pepper flakes. The crunchy slaw mix soaks up the sweet lime dressing. Every bite has a perfect balance.

**Which flavor combo surprises you most, the sweet or the spicy?**  
Tell me in the comments below.

## A Tropical Tradition

This dish mixes ideas from different warm places. It is not from one single country. It is a new American backyard favorite. \*Did you know coleslaw dates back to ancient times?\* The Romans made a version with vinegar. What is your favorite summer side dish? Share your thoughts with me.



## Tropical Pineapple Yogurt Coleslaw

### Ingredients:

Ingredient	Amount	Notes
Crushed pineapple	1 cup	Drained
Plain Greek yogurt	1 cup	
Fresh lime	1	
Sugar	1 tablespoon	
Crushed red pepper flakes	1 teaspoon	Optional
Coarse Kosher salt	1 teaspoon	
Bagged pre-shredded coleslaw mix	12 ounces	
Serrano chile pepper	1	Optional, seeded and minced

### Making Your Tropical Slaw

**Step 1** Grab a big mixing bowl. Combine the yogurt and crushed pineapple. Add the lime zest and juice. Mix in the sugar, salt, and red pepper. (Hard-learned tip: drain the pineapple very well to avoid a soupy slaw).

See also [Festive Squash and Sage Bake](#)

**Step 2** Fold in the bagged coleslaw mix. Be gentle to coat everything. If you like heat, add the minced serrano now. Stir it all together until it's creamy.

**Step 3** Cover the bowl with a lid. Chill it in your fridge until it's cold. This helps the flavors get happy together. Stir it right before you serve it.

**What ingredient adds a sweet and spicy kick? Share below!**

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Yield:** 8 servings

**Category:** Side Dish, Salad

## Creative Twists on the Classic

Try this slaw with your own spin. It is so easy to change up.

**Crunchy Add-In** Toss in some chopped macadamia nuts or crispy chow mein noodles. It gives a wonderful new texture.

**Protein Power** Mix in shredded rotisserie chicken or chickpeas. This turns the side into a full lunch.

**Herb Garden** Fresh chopped cilantro or mint brightens every single bite. It feels so fresh and light.

**Which twist will you try first? Vote in the comments!**

## Serving Your Masterpiece

This slaw is a perfect partner for grilled foods. It loves a summer barbecue. Try it with juicy pork chops or black bean burgers. A sprinkle of toasted coconut makes a pretty garnish.

For drinks, try a cold lager or a citrusy IPA. A fizzy limeade is great for the kids. The cool yogurt balances the spice so well.

**Which would you choose tonight: beer or limeade?**



## Tropical Pineapple Yogurt Coleslaw

### Storing Your Slaw

Keep this slaw in a sealed container. It stays fresh in the fridge for two days. The yogurt dressing may get watery. Just give it a quick stir before serving. I love making a big batch for easy lunches. It saves so much time on a busy day.

See also [Grilled Potato Stuffed Bell Peppers](#)

### Quick Fixes for Your Slaw

Is your slaw too wet? Drain the pineapple very well. Too spicy for the kids? Simply leave out the red pepper flakes. Not sweet enough for you? Add a tiny bit more sugar. These small changes make a big difference. What is your biggest kitchen trouble spot?

### Your Slaw Questions Answered

**Q: Is this recipe gluten-free?** A: Yes, all the ingredients are naturally gluten-free. Always check your labels to be safe.

**Q: Can I make this ahead of time?** A: Absolutely! Make it a few hours before. The flavors get even better.

**Q: What can I use instead of Greek yogurt?** A: Regular plain yogurt works. You could also use a dairy-free yogurt.

**Q: Can I double this recipe for a crowd?** A: Of course! It scales up perfectly for picnics and parties.

**Q: My family hates spicy food. What should I do?** A: Skip the

serrano pepper and red pepper flakes. It will still taste great.

## Share Your Feast

I hope this slaw becomes a new favorite. It always reminds me of summer barbecues. Did you try a fun twist on the recipe? I would love to see your creation. **Tag Savory Discovery on Pinterest with your photos!**

Happy cooking! —Elowen Thorn.

*You need to try !*

# Tropical Pineapple Yogurt Coleslaw



[Savorydiscovery.com](http://Savorydiscovery.com)



Tropical Pineapple Yogurt Coleslaw | 10

Tropical Pineapple Yogurt Coleslaw





## Tropical Pineapple Yogurt Coleslaw | 12

[Print Recipe](#)

## Tropical Pineapple Yogurt Coleslaw

Author: Elowen Thorn

Cooking Method:[No Cook](#)



Tropical Pineapple Yogurt Coleslaw | 15

Cuisine:[American](#)

Courses:[Side](#)

Difficulty: **Beginner**

Prep time: **10 minutes**

Cook time: **minutes**



## Tropical Pineapple Yogurt Coleslaw | 20

Total time: **10 minutes**

Servings: **8 minutes**



## Tropical Pineapple Yogurt Coleslaw | 22

Calories: **414 kcal**

Best Season:**Summer**

## **Description**

Pineapple Yogurt Cole Slaw is ready in just 10 minutes with a sweet and

spicy flavor profile that pairs with any grilled feast.

See also Kielbasa and Potatoes Skillet Recipe

## Ingredients

- ▢ 1 cup crushed pineapple (, drained)
- ▢ 1 cup plain Greek yogurt
- ▢ 1 fresh lime
- ▢ 1 tablespoon sugar
- ▢ 1 teaspoon crushed red pepper flakes (, optional)
- ▢ 1 teaspoon coarse Kosher salt
- ▢ 12 ounces bagged pre-shredded coleslaw mix
- ▢ 1 serrano chile pepper (, optional, seeded and minced)

## Instructions

1. In a large mixing bowl, stir together the crushed pineapple, plain Greek yogurt, zest and juice of the lime, sugar, crushed red pepper flakes, and coarse Kosher salt. If using the serrano chile pepper, seed and mince it, blending in now too.
2. Fold in the bagged pre-shredded coleslaw mix.
3. Cover and chill until ready to serve. Stir before serving, if there is excess liquid pooling, drain before serving.
4. If you've tried this recipe, come back and let us know how it was in the comments or star ratings.

Keywords:Pineapple, Coleslaw, Yogurt, Side Dish, Salad