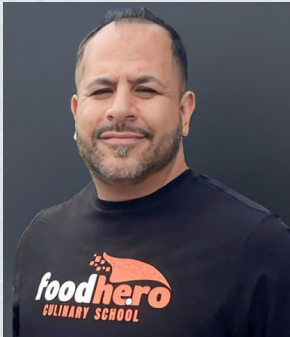


CPS CHEF COUNCIL

Chef Javier Haro



Javier Haro is the founder of Food Hero, a vocational culinary school and a food incubator in the Little Village neighborhood of Chicago. The goal of Food Hero is to improve the intersection of food, health, and community well-being.

In 2021 Food Hero started Cocina Rx to support low-income families reverse chronic illnesses. Since it was founded Cocina Rx has served over 28,000 nutritional meals, offered tele-nutrition services, and conducted virtual cooking classes.

Javier holds a bachelor's degree in accounting from Dominican University and possesses 12 certifications in hospitality management. Additionally, he is a licensed instructor in culinary and restaurant management accredited by the National Restaurant Association. He is also pursuing additional education at Harvard Medical School's culinary medicine program.

He sits on the advisory committee for Good Food Is Good Medicine and serves as a board member for Good Food Catalyst. Furthermore, he acts as a restaurant business advisor for the Little Village Community Foundation and ESDC (Eighteen Street Development Center) in Pilsen.



NUTRITION
SUPPORT
SERVICES



Grilled Pineapple Salsa

Chef Javier Haro

INGREDIENTS

- 1 large pineapple, peeled, cored, and cut into ½-inch thick slices
- 1 red bell pepper, halved lengthwise, seeds removed
- 1 jalapeño pepper
- 1 lime, halved
- 1 tablespoon extra-virgin olive oil, plus extra for grilling
- 1 teaspoon honey
- ½ to ¾ teaspoons ground cumin (to taste)
- ½ cup chopped red onion
- 1 tablespoon chopped cilantro
- Kosher salt
- Freshly ground black pepper
- Tortilla chips, for serving

INSTRUCTIONS

- Heat grill with a medium-high flame. Oil grates or line with a nontoxic, nonstick grilling mat.
- Lightly brush pineapple slices, peppers, and the cut side of the limes with olive oil. Season with a few pinches of kosher salt and freshly ground black pepper.
- Grill, placing limes cut side down, until grill marks appear, and pineapple and peppers have begun to soften; 3-4 minutes total for the limes, 3-4 minutes per side for the peppers, and 5-8 minutes per side for the pineapple (watch the pineapple carefully so it doesn't burn). Remove from grill and let stand until cool enough to handle.
- Cut grilled jalapeño pepper in half lengthwise and remove seeds (if you prefer a spicy salsa, you can leave the seeds in). Chop grilled pineapple and peppers into bite-sized pieces. You should have about 2 cups of pineapple and ½ to ¾ cup of red pepper.
- In a medium bowl, whisk together 1 tablespoon extra-virgin olive oil, ½ tablespoon grilled lime juice, honey, ½ teaspoon ground cumin, ½ teaspoon kosher salt, and ¼ teaspoon pepper. Add pineapple, peppers, red onion, and cilantro, tossing to combine. Season to taste with additional salt, pepper, and cumin, if desired.
- Let stand, covered, for about an hour to allow flavors to meld, stirring before serving.