

## HARVEST OF THE MONTH:

# Pineapple



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### Nutrition Facts

Serving Size 2 slices, 3" diameter, 3/4" thick

Amount Per Serving		
Calories 50		Calories from Fat 0
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	13g	4%
Dietary Fiber	1g	4%
Sugars	10g	
Protein	1g	
Vitamin A	2%	Vitamin C 50%
Calcium	2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat	9	Carbohydrate 4 Protein 4

## REASONS TO EAT PINEAPPLE

- Fresh pineapple has an enzyme, bromelain, that has anti-inflammatory properties.
- One serving of pineapple has 50% of your daily value of vitamin C.
- Pineapple is a good source of manganese, which helps keep bones strong.

## DID YOU KNOW?

- Pineapples are ready to eat when you pull on a leaf and it releases easily.
- Pineapples should smell sweet and the outside color will change from green to yellow.
- Pineapples first grew in Brasil, Venezuela and Columbia. From there explorers brought them around the world.
- The first pineapple plantation was in Oahu, Hawaii.
- Southeast Asia produces the majority of the world's pineapples.

## HOW TO CUT FRESH PINEAPPLE

1. Twist or cut off the crown, the green leaves at the top.
2. Cut the pineapple in half and then quarters.
3. Trim the ends off.
4. Remove the core, the hard fibrous middle part of the fruit, from the center.
5. Using a paring knife remove the outer shell.
6. Then cut the yellow fruit into bite sized pieces.
7. It will store in the fridge for 2-4 days.



# Pineapple Recipes

## BLACK BEAN AND PINEAPPLE SALSA

### INGREDIENTS

- 2 cups black beans
- ½ cup red onions, raw, chopped
- 1 cup pineapple, diced
- ½ C. sweet corn
- 1 C. tomatoes chopped
- ¼ cup jalapeno peppers sliced (optional)

### DIRECTIONS

Mix all ingredients together and serve with whole grain chips. Refrigerating for an hour is recommended, but not necessary.

## PINEAPPLE MUFFINS

### INGREDIENTS

- 1 ½ C. flour
- 1 ½ tsp. baking soda
- 1 ½ tsp. cinnamon
- ½ tsp. nutmeg
- ½ tsp. salt
- ¼ C. honey
- ¾ C. unsweetened applesauce
- 2 eggs
- ¼ C. crushed pineapple
- ¼ C. olive oil
- 2 cups grated carrots

### DIRECTIONS

Preheat oven to 350 F. Mix flour, baking soda, cinnamon, nutmeg, and salt together. Mix applesauce, pineapple, carrots, honey, olive oil, and eggs together. Gently mix the dry ingredients into the wet ingredients. Pour into muffin cups and bake for 20 minutes, or until a tooth pick comes out clean when inserted into the muffin.

## PINEAPPLE BERRY SMOOTHIE

### INGREDIENTS

- 1 can (20 oz.) crushed pineapple, undrained
- 1 C. vanilla nonfat yogurt
- 1 medium banana, quartered
- 1 C. pineapple juice
- ½ C. frozen or fresh strawberries
- ½ c. ice cups

### DIRECTIONS

Combine pineapple, yogurt, banana, pineapple juice, strawberries, and ice cubes in a blender or food processor. Cover and blend until smooth.

## DAIRY-FREE PINEAPPLE COCONUT ICE CREAM

### INGREDIENTS

- 2 cup pineapple chunks
- 1 medium banana
- ½ cup – coconut milk, full fat

### DIRECTIONS

Freeze the pineapple and banana until solid. Place your coconut milk in the freezer upside down for a few minutes. You want to use as much of the cream as possible and this will help separate the cream from the milk. Place everything in a food processor. Pulse until smooth and creamy. Serve immediately as soft serve ice cream, or freeze 20-30 minutes for a more firm texture.

