PINEAPPLE

Storage Tips: Whole pineapple should be left at room temperature in a dark place until ripe - about 3 days. Once ripe, cut and enjoy. After slicing, place in fridge in an airtight container.

Nutrition Benefits: One cup of pineapple contains almost 100% of the daily value of vitamin C and manganese. Vitamin C is essential for immune health, iron absorption, and growth and development, while manganese is an antioxidant that aids in growth and metabolism.

How to cut: Remove top and bottom with a large chef's knife. Slice from top to bottom along the sides to remove outer rind. Cut away eyes/spikes, then cut flesh along the tough, inner core. Discard core, then slice/cut pineapple into desired shapes (chunks, wedges, spears, etc.).
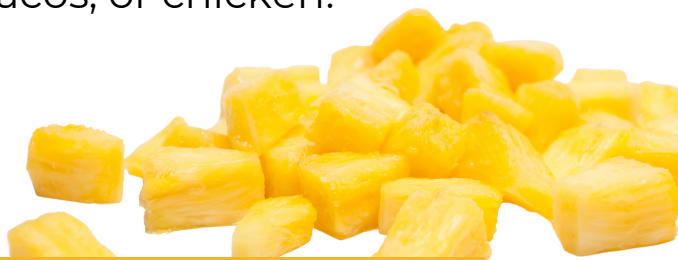
5 WAYS TO ENJOY PINEAPPLE

1) Enjoy fresh, sliced pineapple as a mid-day snack.

2) Juice it! Blend fresh pineapple with water and pour over ice.

3) Grill pineapple and enjoy on pizza or burgers.

4) Add finely chopped pineapple to baked goods like muffins and cakes.

5) Mix into salsa for a fresh twist on fish, tacos, or chicken!

PINEAPPLE FRIED RICE
recipe

Ingredients:

- 1 pineapple
- 3 tablespoons oil
- 2 eggs, beaten
- 1 clove garlic, minced
- 1/4 cup chopped onion
- 1 cup cooked rice
- 1 cup mixed vegetables
- 2 tablespoons low-sodium soy sauce

Instructions:

1. Slice pineapple down the middle vertically and scoop out center to create a "bowl". Chop removed pineapple into small pieces for later.
2. In large skillet, heat 2 tablespoons oil and add eggs. Stir until almost fully cooked, then push to one side of pan.
3. Add 1 tablespoon oil, garlic, and onion and stir until fragrant.
4. Add rice, vegetables, 1/2 cup chopped pineapple, and soy sauce and cook until rice is slightly brown and vegetables are cooked.
5. Serve in empty pineapple shells. Top with chicken or shrimp if desired.

Serves 3: nutrition per serving (1 cup): 300 calories, 17 g fat, 29 g carbs, 3.5 g fiber, 9 g protein, 400 mg sodium

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