



# TASTE OF THE SEASON...

# P I N E A P P L E

## Fun Facts

- Pineapple is America's 2<sup>nd</sup> favorite fruit (first is the banana!)
- One-third of the world's pineapple come from Hawaii.
- It takes two years for a pineapple plant to produce, and each plant typically produces at most two pineapples during its lifecycle.
- The name pine-apple was the original name for a pine cone (grows on pine trees). Because the fruit pineapple looked like a huge pine cone, it too was called a pine-apple.



## Nutrition Facts

Serving Size 1 cup, chunks 165g (165 g)

Amount Per Serving	
<b>Calories 82</b>	Calories from Fat 2
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 2mg	0%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 2g	9%
Sugars 16g	
<b>Protein</b> 1g	
Vitamin A 2%	Vitamin C 131%
Calcium 2%	Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## Vanilla Mint Pineapple Yield 25- ½ cup servings

- 1 cup honey
- 1 ½ teaspoon vanilla extract
- 1 tablespoon fresh mint leaves
- 1 #10 can canned pineapple

1. Combine honey & vanilla in saucepan; bring to low boil. Reduce heat and simmer 10 minutes. Remove from heat, stir in mint and let cool.
2. Place pineapple chunks in large bowl. Pour honey and mint mixture over pineapple. Stir gently to coat.
3. Spread honey coated pineapple on baking sheet and bake in 425 degree oven for 12 minutes. Remove from oven.
4. To serve hot, hold at 140 degrees F. until served.
5. To serve cold, chill to 40 degrees F. or lower in the refrigerator within 4 hours. Hold for cold service at 40 degrees F. or lower.

Grow your own? You can grow your own pineapple plant by twisting the crown off a store bought pineapple, letting it dry for 2-3 days, then planting it in a large pot in rich potting soil with ample drainage. Water moderately each day and keep it in direct sunlight. Be patient, it takes 18 months for a pineapple to appear.

## Storage Tips:

- Store at room temperature for one or two days before serving. Store in refrigerator for 3-5 days or cut pineapple into chunks and store for up to 7 days.



## Selecting Tips:

Look for a pineapple that is heavy for its size with fresh leaves, a firm shell, a nice even color (yellow or green), and a nice smell at the stem.

## A few quick serving ideas—

- ❖ Eat a slice of pineapple topped with cottage cheese.
- ❖ Add to your favorite low fat pizza for a fun treat.
- ❖ Try grilling them with brown sugar or maple syrup.
- ❖ Drink a glass of pineapple juice for breakfast.



**5 A Day**  
Eat a Variety of Colorful  
Fruits and Vegetables  
Every Day