

Pineapple

Pineapples are oval shaped and up to 12 inches long. They weigh 1 to 10 pounds or more.

The tough rind (thick skin) may be dark green, yellow, orange-yellow or red. The flesh ranges from nearly white to yellow. The leafy top, rind – and usually the core – are cut off before eating.

The pineapple originated in southern Brazil and Paraguay. Christopher Columbus may have carried it back to Spain.

The name pineapple in English (or piña in Spanish) comes from the similarity of the fruit to a pine cone. In the United States, most pineapples are grown in Hawaii.

VARIETIES

There are four varieties of pineapple found in grocery stores today. These include, the Gold, Smooth Cayenne, Red Spanish and Sugar-loaf. They are sold fresh or canned and all have a sweet flavor.

Pineapples are fruit which grow on short-stemmed plants.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C

USES Pineapple can be eaten raw or cooked. Add pineapple to fruit salad, salsa, pizza or stir-fries. It can also be grilled or broiled with meat.



Pineapple Slaw
Preparation time: 10 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.75



2½ c. cabbage, shredded
1 c. carrots, shredded
1 c. pineapple chunks
¼ c. raisins
2½ T. pineapple juice

1. In a large bowl, combine all ingredients. Mix gently.
2. Serve immediately or cover and put in the refrigerator.

Nutrition Information per Serving: Calories 60, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 20 mg (1% DV), Total Carbohydrate 14 g (5% DV), Dietary Fiber 2 g (8% DV), Sugars 11 g, Protein 1 g, Vitamin A 60%, Vitamin C 25%, Calcium 2%, Iron 2%.

Sweet Onion Pineapple Salsa
Preparation time: 15 minutes
Number of servings: 5
Cups of fruits or vegetables per serving: 0.5



½ c. sweet onion, chopped
2 c. pineapple, chopped
½ c. red bell pepper, diced
1 T. cilantro, chopped
1 T. jalapeno pepper, chopped
1 T. lime juice

1. In medium bowl, combine all ingredients. Mix gently.
2. Serve with chips.

Nutrition Information per Serving: Calories 40, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 0 mg (0% DV), Total Carbohydrate 11 g (4% DV), Dietary Fiber 1 g (4% DV), Sugars 6 g, Protein 1 g, Vitamin A 10%, Vitamin C 90%, Calcium 2%, Iron 2%.