



Helping Mississippians live happier, healthier lives!

PINEAPPLE

Pineapple is a naturally sweet treat! South Americans began growing pineapples centuries ago. Spanish settlers called it “piña de Indies” because it looked like a pinecone, and



early Brazilians called it naná meaning “excellent fruit.” Most of the pineapples today are brought in from Costa Rica. Mississippians enjoy this delicious fruit prepared fresh as a snack, in fruit salads, as grilled pineapple slices, and many other ways.

SELECT

- Pineapple does not ripen after being picked, so choose sweeter fresh pineapples with a golden bottom, fresh leaves, and a full body that gives a little when squeezed.
- Choose canned pineapple with no sugar added or frozen pineapple chunks.

PREPARE

- Remove the “crown” (the leafy, green part of the pineapple) by twisting it until it pulls away.
- After removing the crown, cut off the top and bottom, making a flat cutting surface.
- Cut the pineapple lengthwise into four pieces, remove the core, peel the skin, and cut into chunks.
- Pineapple can be eaten fresh, added to fruit salads, or used in cooking your favorite meat dishes. Grilled pineapple can be served as a side with barbeque or as a sweet dessert.



STORE

- The whole pineapple will stay fresh for 3 days on the countertop and 7 days in the refrigerator.
- Place the cut pineapple chunks in their own natural juices into an airtight plastic container and refrigerate for 5 to 7 days.
- Spread pineapple chunks on a baking sheet and place in the freezer. When frozen, transfer to a freezer bag and store in the freezer for 10 to 12 months.

BENEFITS

- Packed with vitamin C, which is great for overall health.
- Good source of vitamins B1 and B6 for energy and nerve function.
- The enzymes in pineapple can help with digestion.

FUN WITH FOOD

CHILDREN CAN HELP:

- Wash the pineapple before cutting.
- Add the core to water for a great pineapple taste.
- Use cookie cutters to create fun pineapple shapes.
- Arrange pineapple chunks on a plate or skewer for grilling.



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ENJOY



PUMPKIN PINEAPPLE SQUARES

- 1 8-ounce can crushed pineapple, in 100% pineapple juice
- $\frac{3}{4}$ cup canned pumpkin
- $\frac{1}{3}$ cup vegetable oil
- 1 tablespoon white vinegar
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{3}{4}$ cup light brown sugar, packed
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- Pinch of ground nutmeg
- Vegetable oil cooking spray

1. Preheat oven to 350°F.
2. Wash your hands well with soap and warm water for at least 20 seconds.
3. In a small mixing bowl, add pineapple with juice, pumpkin, oil, and vinegar. Mix with a fork to combine.
4. In a medium mixing bowl, add flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Mix well with a fork and break up any lumps.
5. Add wet ingredients to dry ingredients and mix until just combined.
6. Coat an 8-by-8 baking dish with cooking oil spray and pour mixture into the baking dish.
7. Bake on middle rack of oven until top is golden brown and a toothpick comes out clean, about 30 minutes. Let cool and then cut into nine squares.



CARROT SALAD

- 1 8-ounce can pineapple tidbits, in 100% pineapple juice
- 1 10-ounce bag shredded carrots, about 4 cups
- 1 cup raisins
- $\frac{1}{3}$ cup low-fat sour cream
- $\frac{1}{3}$ cup low-fat mayonnaise
- 1 tablespoon apple cider vinegar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. Drain pineapple tidbits and add to mixing bowl.
3. Add shredded carrots, raisins, sour cream, mayonnaise, vinegar, salt, and pepper to bowl with pineapple, and mix the ingredients. Cover and chill in the refrigerator for at least an hour.
4. Refrigerate leftovers within 2 hours.



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