Pick a **better** snack™

February 2016

Pineapple

Longing for a hot, sunny beach this time of year? You can get a taste of the tropics right here in Iowa. How, you ask? Pineapple, of course!

If you love the taste of fresh pineapple, but are not sure how to prepare it, follow these steps:

1. Cut off the top and bottom so you have a flat, stable surface
2. With a knife, shave off the rough skin, following the rounded shape of the fruit as you cut.
3. Cut the pineapple in half the long way, slicing through the core. Then, cut each half again so you are left with four long pieces.
4. Cut the core from each long piece.
5. Chop up the pineapple and serve. Refrigerate uneaten pineapple.

Pineapple Tips

Selecting: When choosing fresh pineapple, select the heaviest one for its size. Look for a firm shell and dark green leaves. Generally, the shell should be more yellow than green (some ripe pineapples are all green). Pineapples are picked ripe so it should be perfect for eating when purchased.

Storing: Fresh pineapple that has been cut up can be stored in the refrigerator for 3 days or so or put it in the freezer for longer storage.

Buying: Pineapple is available fresh, frozen or canned. A good price on a fresh pineapple is $2.50 - $3.50 each. This is not a bad deal considering you'll get 3-4 cups of fruit. Frozen pineapple can be purchased for about $3.00 or more for a one pound bag (about 3 cups). An advantage to using frozen fruit is that you can take out only the amount you need and not waste the rest. Canned pineapple is usually cheaper than frozen pineapple. Choose canned pineapple packed in 100% juice to avoid added sugar.

Ideas for Eating Pineapple*

- Fresh or canned pineapple makes a great snack or a side-dish.
- Mix pineapple with other fruit for a fruit salad.
- Add frozen pineapple to a smoothie.
- Make a salsa with chopped pineapple, bell peppers, onion, jalapeno peppers, lemon juice and cilantro.
- Mix pineapple and cottage cheese.
- Add pineapple to your favorite stir fry.
- Grill sliced pineapple.
- Top a Canadian bacon pizza with pineapple tidbits.

**Adapted from fruitsandveggiesmorematters.com*

Funded by USDA 's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to dhs.iowa.gov/food-assistance for more information.

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Wash. Bite. How easy is that?