

FOOD FACTS

Pineapple



NUTRITION

- Pineapples are rich in manganese (may-guh-knees).
- Manganese is important for bone health and many important reactions in your body.

DYK

- Most of the process of planting and harvesting pineapples is done by hand.
- Pineapple is a part of the berry family.
- Pineapples are the world's symbol for hospitality or welcome.
- You can grow your own pineapple plant from the top of a pineapple. Cut off the leafy top, allow it to dry, and then place it in water. Once roots start growing, plant in soil.

PREPARATION & STORAGE

- o When picking a pineapple in the store smell the bottom for the sweetest fruit. You should also pick one heavy for its size with no soft spots.
- o Keep them cut up in the refrigerator for snacks, salads, or meat dishes. Looks like they're going bad? Put it in the freezer to use for smoothies.

Grilled Pineapple Skewers

Ingredients:

- 1 (9 inch) angel food cake, cut into 2-inch cubes
- 1 pint strawberries, hulled
- 1 pineapple, cut into 2-inch cubes
- ½ cup dark chocolate chips
- ¼ cup Honey
- ½ lime, Juiced



1. Preheat grill
2. Skewer the strawberry, pineapple and cake on a skewer
3. Heat lime juice and honey until combined
4. Cook on low, use foil to prevent sticking. Once brown drizzle melted chocolate chips on the skewers.