

Pineapple

Key Points

- For the best buy, choose pineapples that are heavy and smell sweet.
- To prepare a fresh pineapple, rinse and cut into quarters. Remove the core and skin before eating.
- To keep fresh, store cut pineapple in the refrigerator for up to 5 days.
- Pineapple contains vitamin C, which helps prevent colds and heal cuts.



Pineapple Rice

Ingredients:

- 1 cup uncooked rice
- 6 slices canned pineapple
- 2 tablespoons vegetable oil
- 1/4 cup chopped onion
- 1 clove garlic, chopped (optional)
- 1/2 cup pineapple juice

Directions:

1. Bring 2 cups water to a boil.
2. Add rice and cook over low heat for 15 minutes. Set aside.
3. In a frying pan, cook the pineapple slices for 2 minutes on each side. Remove and cut into small pieces.
4. Heat oil in the frying pan and add onion and garlic. Cook until tender.
5. Add the pineapple and juice to the frying pan.
6. Cook until the liquid is almost gone.
7. Stir mixture into the cooked rice. Enjoy!
8. Refrigerate leftovers.

Makes 4 servings.

Pineapple Muffins

Ingredients:

- 1 cup crushed pineapple with juice
- 1/2 cup low fat milk
- 3/4 cup packed brown sugar
- 1/3 cup vegetable oil
- 1 egg
- 3 carrots, shredded
- 2 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup raisins
- 1/2 teaspoon cinnamon

Directions:

1. Preheat oven to 375° F.
2. In a large bowl combine pineapple, milk, brown sugar, oil, egg and carrots.
3. In small bowl, mix flour, baking powder, salt, raisins and cinnamon.
4. Add small bowl into large bowl. Mix well.
5. Spoon into greased muffin tin.
6. Bake 20-25 minutes. Enjoy!

Makes 12 servings.

Quick Tips

- Top cereal or toast with pineapple chunks.
- Add juice from canned pineapple to your orange juice.
- Mix pineapple into muffin or bread mixes.
- Remember to rinse all fruits and vegetables

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Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label—What does it tell us?

Recipe name: Pineapple Muffins

| Nutrition Facts | | | |
|--------------------------------------------------------------|-------|-----------------------------|------------|
| Serving Size: 1/12 of recipe (106g) | | | |
| Servings Per Recipe: 12 | | | |
| Amount/Serving | | | |
| Calories 250 | | Calories from Fat 60 | |
| | | % Daily Value* | |
| Total Fat | 7g | | 11% |
| Saturated Fat | 0.5g | | 4% |
| Trans Fat | 0g | | |
| Cholesterol | 20mg | | 6% |
| Sodium | 250mg | | 10% |
| Total Carbohydrate | 44g | | 15% |
| Dietary Fiber | 2g | | 7% |
| Sugars | 24g | | |
| Protein | 4g | | |
| | | | |
| Vitamin A | 45% | Vitamin C | 6% |
| Calcium | 10% | Iron | 10% |
| | | | |
| *Percent (%) Daily Values are based on a 2,000 calorie diet. | | | |

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Pineapple Rice

| Nutrition Facts | |
|--------------------------------------------------------------|-----------------------------|
| Serving Size: 1/4 of recipe (180g) | |
| Servings Per Recipe: 4 | |
| Amount/Serving | |
| Calories 300 | Calories from Fat 60 |
| % Daily Value* | |
| Total Fat 7g | 11% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 10mg | 0% |
| Total Carbohydrate 54g | 18% |
| Dietary Fiber 2g | 6% |
| Sugars 14g | |
| Protein 3g | |
| | |
| Vitamin A 0% | Vitamin C 30% |
| Calcium 2% | Iron 15% |
| | |
| *Percent (%) Daily Values are based on a 2,000 calorie diet. | |

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