

# PINEAPPLE

Scan for videos & resources



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Select pineapples that are firm with green leaves.
- Pineapples are ripe when they smell sweet and when you can easily remove a leaf from the center of the top.
- 1 cup of raw pineapple chunks contains:
  - 131% of your recommended daily value of vitamin C to promote a healthy immune system.
  - 76% of your recommended daily value of manganese to support the formation of bones, tissues and hormones.



## PREPARE

How to cut a pineapple:

1. Place the pineapple on its side and cut off the top and bottom.
2. Stand pineapple on its base and cut away the peel.
3. Cut pineapple into four quarters.
4. Cut out and discard the core from the center of each quarter.

Try pineapples:

- *Sliced* as part of fruit salad.
- *Baked* with in a healthy dessert.
- *Grilled* and added to meat dish: chicken, pork, salmon or burger!
- *Blended* into a smoothie.
- *Juiced*.

## STORE

- Store whole pineapple at room temperature for 2 days or in the refrigerator for 4 days.
- Store cut pineapple in the refrigerator for several days.
- To freeze: Cut pineapple and freeze for up to 1 year in a container. Frozen pineapple may lose some flavor.