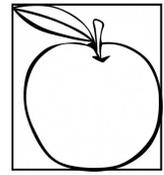


PINEAPPLE



In the garden:



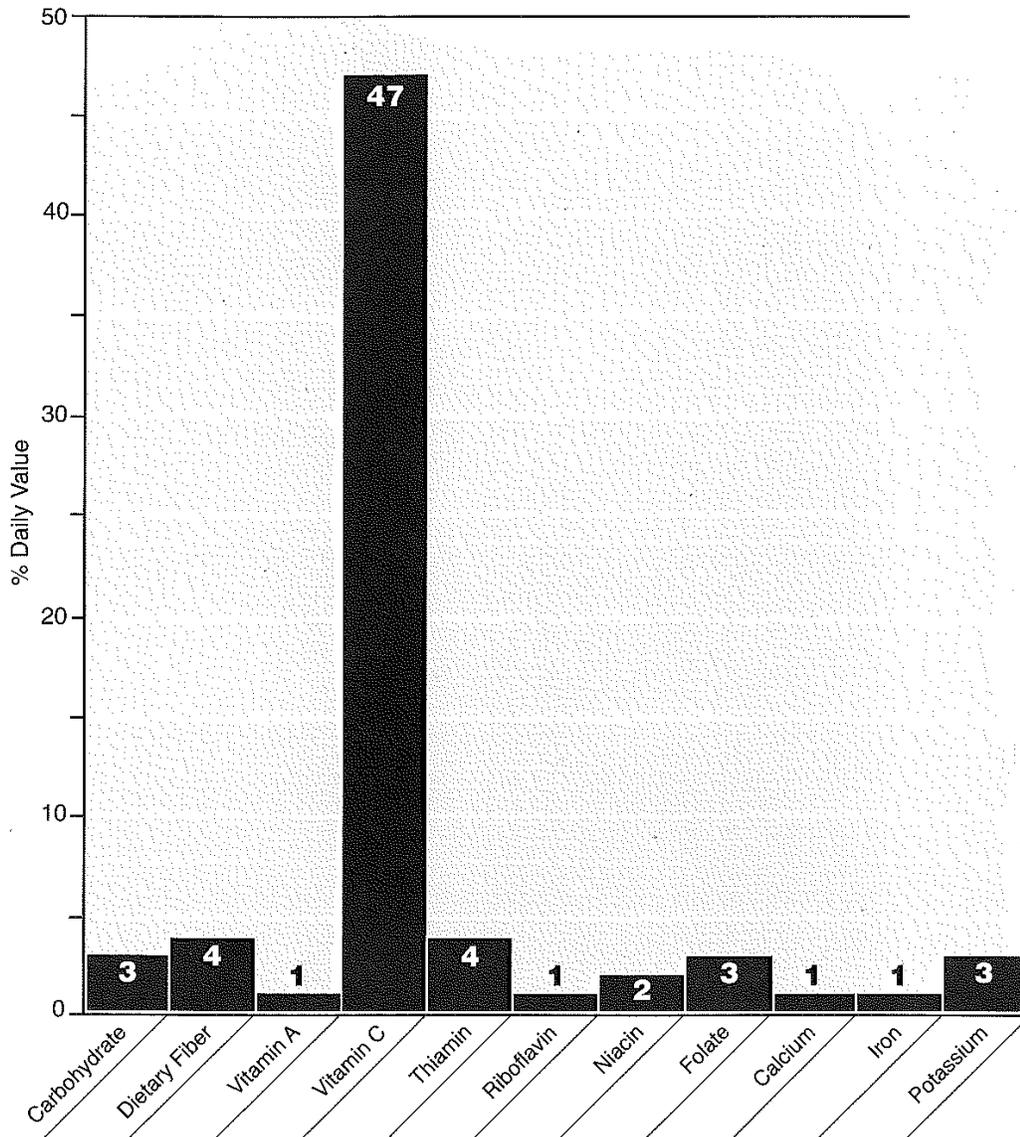
Ready to eat:



FUN FACTS:

- It takes almost 3 years for one pineapple to grow full-size!
- Pineapple plants have really pretty and colorful flowers.
- Pineapples got their name from their resemblance to pine cones- can you see the similarities?

Pineapple Nutrition Facts



Serving Size

- 1/2 Cup Cubed
- 78 Grams
- 37 Calories
 - 2% from fat
 - 5% from protein
 - 94% from carbohydrate
- 0.4 Gram Protein
- 10 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.1 Gram Fat
- 67 Grams Water
- 1 Milligram Sodium

From California Department of Education, 2007

Pineapple is an excellent source of Vitamin C to heal cuts and wounds!

Pineapple Pork

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pineapple-pork>

Ingredients:

- 1 green bell pepper, medium-sized and cut into strips
- 4 pork chops, boneless (about 1 pound)
- 1/8 teaspoon salt
- 1 tablespoon vegetable oil
- 1 can pineapple chunks, 8-ounce and undrained
- 1/4 teaspoon ginger
- 1/4 teaspoon cinnamon



Directions

1. Heat the oil in a large skillet over medium heat.
 2. Place pork chops on the heated skillet. Sprinkle salt on top.
 3. Cook the pork for 5 minutes on low heat on each side.
 4. Stick a meat thermometer into the center of each pork chop. Each chop must reach 145° F to be safely cooked.
 5. Remove the cooked pork from the skillet. Place it in a serving dish.
 6. Put the green pepper slices in the skillet.
 7. Stir in the pineapple chunks with their juice.
 8. Stir in the ginger and cinnamon.
 9. Simmer for about 3-5 minutes.
 10. Spoon the pineapple mixture over cooked pork.
- ** Note**** Serve with cooked brown rice

Helpful Selection and Storage Tips (for fresh pineapple):

- Ripe pineapples have green, fresh-looking leaves in a small, compact crown. A center leaf should be easy to remove when ripe.
- A pineapple keeps at room temperature for 2 days and up to 5 days in the fridge.
- Once trimmed and cut, be sure the pineapple is covered in juice in an airtight container. Refrigerate and use within 5 to 7 days.

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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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