

Harvest of the Month



April



Pineapple



Pick:

- Choose sweet smelling, firm pineapples that are heavy for their size, with green spikes that can be easily removed.
- Avoid pineapples that are green in color, bruised or have soft spots.

Store:

- Pineapple can be left at room temperature for a couple of days or stored in the refrigerator for one week. Once cut, store pineapple in a sealed container and use within a few days.

Prepare:

- To prepare pineapple, slice off the crown and base of the pineapple, then place it base side down. Slice off the remaining skin then slice in half or quarters and remove the core.

Nutrition Info

One cup cubed pineapple has 82 calories and provides vitamin C and manganese.

Fun Facts

It takes two years for a pineapple plant to produce fruit and each plant only produces two pineapples during its lifecycle.

Did you know the Caribbean Natives placed pineapples or pineapple crowns outside the entrances of their homes to symbolize friendship and hospitality?

Pineapple juice can be used to tenderize and marinate meats!

Uses

Try a Hawaiian Pizza! Spread tomato sauce on a whole wheat pita or English muffin, sprinkle with mozzarella cheese and top with pineapple chunks & ham.

Add pineapple rings to hamburgers or turkey burgers.

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate to the People's Food Co-op! *Each month we'll ask a new question...and give you a new chance to win!*

Here's This Month's Question:

This month, we're giving shout-outs to La Crosse County employers who are committed to creating healthy workforces! More and more workplaces are making an effort to support employee health by making it easier for people to eat healthy and be more physically active. How are you and/or your family healthier as a result of support provided La Crosse County employers?

To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than April 30th, 2014 by e-mail to HOMstories@lacrosecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Harvest of the Month

Pineapple Chicken Stir-Fry

Serves 6

Ingredients:

- 2 Tbsp. flour
- 1 pound boneless skinless chicken breasts, cut into 1-inch chunks
- 2 Tbsp. oil, divided
- 2 cups broccoli florets
- 1 cup carrots, sliced
- 1 red bell pepper, sliced
- 1 small onion, sliced
- 6 Tbsp. stir fry sauce
- 1 can (20 oz.) pineapple chunks in juice, drained

Directions:

Coat diced chicken in flour. Heat 1 tablespoon of the oil in large skillet on medium-high heat. Add chicken; stir fry 5 minutes until browned and cooked through. Remove from skillet. Heat remaining 1 tablespoon oil in skillet. Add vegetables; stir fry 5 minutes or until tender-crisp. Add sauce, pineapple and cooked chicken to skillet; cook for 2 minutes or until pineapple is warm.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org

Nutrition Facts

Serving Size (295g)
Servings Per Container 6

Amount Per Serving

Calories 240 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 640mg **27%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 19g

Protein 19g

Vitamin A 90% • Vitamin C 120%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Color a
Pineapple!

