April Pineapple

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@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty
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

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.