

# FOOD FACTS

## Pineapple



### NUTRITION

- Pineapples are rich in manganese (may-guh-knees).
- Manganese is important for bone health and many important reactions in your body.

### DYK

- Most of the process of planting and harvesting pineapples is done by hand.
- Pineapple is a part of the berry family.
- Pineapples are the world's symbol for hospitality or welcome.
- You can grow your own pineapple plant from the top of a pineapple. Cut off the leafy top, allow it to dry, and then place it in water. Once roots start growing, plant in soil.

### PREPARATION & STORAGE

- ○ When picking a pineapple in the store smell the bottom for the sweetest fruit. You should also pick one heavy for its size with no soft spots.
- ○ Keep them cut up in the refrigerator for snacks, salads, or meat dishes. Looks like they're going bad? Put it in the freezer to use for smoothies.

### Grilled Pineapple Skewers

#### Ingredients:

- 1 (9 inch) angel food cake, cut into 2-inch cubes
- 1 pint strawberries, hulled
- 1 pineapple, cut into 2-inch cubes
- ½ cup dark chocolate chips
- ¼ cup Honey
- ½ lime, Juiced

1. Preheat grill
2. Skewer the strawberry, pineapple and cake on a skewer
3. Heat lime juice and honey until combined
4. Cook on low, use foil to prevent sticking. Once brown drizzle melted chocolate chips on the skewers.

