

# ~Pineapple~

The Symbol of Hospitality

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## Tropical Fruit Salad

### Salad

Pineapple, peeled and cut into bite-sized pieces  
Mango, peeled and cubed  
Canned Mandarin oranges, drained  
Kiwi – peeled, quartered, and sliced  
Banana, sliced

### Dressing

Juice of 2 limes  
½ teaspoons ground ginger  
1 tablespoon honey

To make salad, prepare four or five cups of any combination of above fruits and place in large salad bowl. Whisk together the dressing ingredients and pour over salad. Stir gently to coat salad with dressing. Serve immediately.

Yield: 4 servings

*HINT: if using bananas and not serving immediately, wait to cut bananas into salad until just before serving to keep them from going brown.*

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## Pineapple Salsa

3 cups fresh pineapple, diced  
1 cucumber, peeled, seeded and diced  
½ small red onion, finely diced  
1 jalapeno, seeded and finely diced

1 yellow or green bell pepper, diced  
¼ cup lime juice  
4 tablespoons fresh cilantro, chopped  
Pinch salt

Combine all ingredients in medium bowl and mix well. Serve over any meat, poultry, or fish or with tortilla chips.

Makes 5 cups.

### Interesting Facts

Pineapple is a good source of manganese, which acts as an aid in the breakdown of carbohydrate, fat, and protein to provide our bodies with energy.

This delicious fruit is also fat free, low in sodium, and a good source of fiber.

Pineapple contains the enzyme, bromelain, which is the reason your mouth may feel sore when you eat lots of fresh pineapple.

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## Thai-Style Greens

1 large onion, chopped	1/3 cup peanut butter
2 cloves garlic, minced	1/4 teaspoon red chili flakes
1 tablespoon olive oil	1/2 cup chopped cilantro
1 bunch kale, stemmed and cut into ribbons	1/2 cup chopped peanuts
1 (20 oz.) can crushed pineapple with juice	Salt to taste

Sauté onions and garlic in oil over medium-low heat until onions are a light brown, 5 – 10 minutes. Add pineapple with juice to pan and bring to simmer. Stir in kale and simmer 5 minutes or until tender. Mix in peanut butter, chili flakes, and cilantro. Simmer another 3 – 5 minutes. Salt to taste and serve with chopped peanuts sprinkled on top of each serving.

Yield: 4 servings

The peak season for pineapple is March – July, however they are available year round in most grocery stores.

A pineapple will not get any riper or sweeter once it has been picked. Look for one that is a deep yellow or golden color and gives slightly to pressure. Try plucking a leaf from the center of the crown or top. If the pineapple is ripe, the leaf should come out easily.

One of the **best ways** to know you picked a good pineapple is to **smell it**. It should give off a strong, sweet scent.

## Curry Pineapple Fried Rice

1 1/2 cups uncooked brown rice	2 tablespoons vegetable oil
3 1/3 cups water	1 pound boneless chicken, cubed (optional)
1 tablespoon curry powder	1 small onion, diced
2 tablespoons soy sauce	1 cup frozen peas
4 tablespoons pineapple juice	1 (20 oz.) can pineapple chunks, drained

1. Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Set the cooked rice aside.
2. Mix together curry powder, soy sauce and pineapple juice in a small bowl.
3. Heat oil in a large skillet or wok over medium-high heat. If using chicken add it and onions to hot pan. Cook chicken until no longer pink and onions until they are translucent, about 5-7 minutes. Stir in peas, cooked rice, and pineapple chunks. Add curry mixture to rice mixture and cook until heated through, stirring occasionally to prevent rice from sticking to pan, 5-10 minutes.

Yield: 6 servings

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## THE PINEAPPLE

No matter how you use it  
-fresh, frozen, canned, juiced, or dried-  
It is a nutritious and tasty addition to your meals!

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### Grilled or Broiled Pineapple

1 fresh pineapple  
½ cup brown sugar  
1 tablespoon lime juice  
1 tablespoon lemon juice

2 tablespoons honey  
½ to 1 tablespoon cinnamon  
Optional ~ 3 cups orange or lime sorbet

Preheat grill or broiler.

Peel, core, and cut pineapple into ½ inch slices.

Make a glaze by mixing brown sugar, juice, honey, and cinnamon in a small bowl until smooth. Spread glaze on each side of each pineapple ring. Grill or broil 4-5 inches from heat for 5-10 minutes, turning once, until sugar mixture melts and pineapple is heated and tender. Top each slice with a small scoop of sorbet if desired, and serve immediately.

Yield: 8 servings

### Cutting a Pineapple

- Start with a large sharp knife and remove the crown (top) and eye (bottom).
- Cut vertically down the sides of the pineapple to remove the skin, making sure to remove all hard brown spots.
- Cut pineapple in quarters lengthwise to make four long wedges.
- Lie each quarter or wedge on its side and slice off the hard core.
- Slice each wedge into ½ inch slices and enjoy.

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