



Helping Mississippians live happier, healthier lives!

PINEAPPLE

Pineapple is a popular treat in Mississippi. Pineapples originally come from South America. While pineapples aren't native to Mississippi,



they are often brought in from warmer places and enjoyed fresh as a snack and in many dishes, such as fruit salads and grilled pineapple slices.

SELECT

- Fresh pineapple with a golden bottom.
- Canned pineapple with no sugar added or frozen pineapple chunks.

PREPARE

- The "crown" (the leafy, green part of the pineapple) can be removed by twisting it until it releases from the fruit.
- After removing the crown, cut off the top and bottom for a flat, safe surface to cut. Cut away the tough outer skin from top to bottom. After that, you can cut the pineapple into rings, chunks, or slices.
- Add the core to water for a great pineapple taste.
- Pineapple can be eaten fresh, added to fruit salads, or used in cooking your favorite meat dishes. Grilled pineapple can be served as a side with barbeque or as a sweet dessert.



STORE

- Whole pineapple can be left on the counter for a couple of days to ripen. Once ripened or cut to desired pieces, store in the refrigerator.
- Place cut pineapple in an airtight container or plastic bag to keep from drying out.
- To freeze pineapple, cut into chunks, spread on a baking sheet, allow to freeze, then transfer to a freezer bag.

BENEFITS

- Pineapple is packed with vitamin C, which is great for overall health.
- Pineapple has enzymes that can help with digestion.
- Eating pineapple can give you a boost of energy and keep your skin looking healthy.

FUN WITH FOOD

CHILDREN CAN HELP:

- Wash the pineapple before cutting or pulling off the leafy top.
- Use cookie cutters to create fun pineapple shapes.
- Arrange pineapple chunks on a plate or skewer for grilling.



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ENJOY



PUMPKIN PINEAPPLE SQUARES

- 1 8-ounce can crushed pineapple, in 100% juice
- $\frac{3}{4}$ cup canned pumpkin
- $\frac{1}{3}$ cup vegetable oil
- 1 tablespoon white vinegar
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{3}{4}$ cup light brown sugar, packed
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- Pinch of ground nutmeg
- Vegetable oil cooking spray

1. Preheat oven to 350°F.
2. Wash your hands well with soap and warm water for at least 20 seconds.
3. In a small mixing bowl, add pineapple with juice, pumpkin, oil, and vinegar. Mix with a fork to combine.
4. In a medium mixing bowl, add flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Mix well with a fork and break up any lumps.
5. Add wet ingredients to dry ingredients and mix until just combined.
6. Coat an 8-by-8 baking dish with cooking oil spray and pour mixture into the baking dish.
7. Bake on middle rack of oven until top is golden brown and a toothpick comes out clean, about 30 minutes. Let cool and then cut into nine squares.



CARROT SALAD

- 1 8-ounce can pineapple tidbits, in 100% juice
- 1 10-ounce bag shredded carrots, about 4 cups
- 1 cup raisins
- $\frac{1}{3}$ cup low-fat sour cream
- $\frac{1}{3}$ cup low-fat mayonnaise
- 1 tablespoon apple cider vinegar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. Drain pineapple tidbits and add to mixing bowl.
3. Add shredded carrots, raisins, sour cream, mayonnaise, vinegar, salt, and pepper to bowl with pineapple, and mix the ingredients. Cover and chill in the refrigerator for at least an hour.
4. Refrigerate leftovers within 2 hours.



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By **Kelli Whitten** and **Kellie Burke**, Mississippi State University Extension Service.

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