

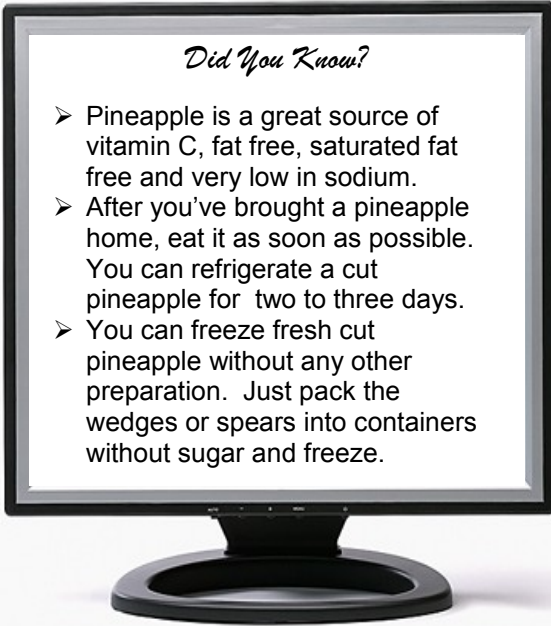


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Fact Sheet #11-29

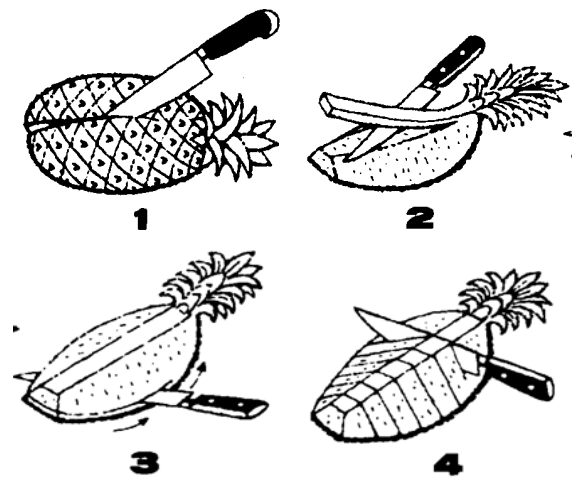
PINEAPPLE THE TROPICAL TREAT



Did You Know?

- Pineapple is a great source of vitamin C, fat free, saturated fat free and very low in sodium.
- After you've brought a pineapple home, eat it as soon as possible. You can refrigerate a cut pineapple for two to three days.
- You can freeze fresh cut pineapple without any other preparation. Just pack the wedges or spears into containers without sugar and freeze.

HOW TO CUT FRESH PINEAPPLE IN QUARTERS



FRESH PINEAPPLE MIST

Peel and cut a whole pineapple into 2-inch chunks. Place in a blender and at high speed, blend about four chunks at a time until mashed (put in a bowl so you can blend the next batch). Put all the mashed pineapple back into the blender and add 3/4 cup cold sparkling water or club soda, 1/4 cup cold orange juice and 1 tablespoon lime juice and mix on low speed until blended. Makes enough for you, a couple of your friends, and even a bit for your kid sister.

TROPICAL FRUIT SALAD

Combine pineapple chunks with bananas, oranges, mangoes, papayas, kiwi fruit, raspberries or strawberries for a mouth-watering refreshing treat!

WHEN IS IT RIPE?

Unlike the banana, the color of a pineapple shell is not an indication of ripeness — the outside of a fully ripened pineapple can range from golden to nearly all green.

Purchase pineapples that are plump and fresh-looking, with a fresh green crown. Thump the pineapple: a dull thud is a sign of sweet, juicy fruit inside. Once picked, pineapples just don't ripen any further. The long-standing belief that ripeness can be judged by pulling a leaf from the crown is incorrect.



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