

# FRUIT/VEGETABLE OF THE MONTH!

The featured fruit is the **PINEAPPLE**

## PINEAPPLE FACTS:

A pineapple is a mass of individual berries fused to a central stalk. Technically, a pineapple is actually a berry. It got its name from early European explorers who named it after its resemblance to a pinecone.

The pineapple originated in South America. Pineapples were regarded as a luxurious treat by American colonists because of their rarity and cost.

Only one pineapple is produced by a single plant in a single season. A pineapple plant can continue giving fruits for up to 50 years.



At one time, Hawaii was the world's largest pineapple producer and source for U.S. pineapples. Today, however, the largest producers include the Philippines, Brazil, and Costa Rica.

The world's largest pineapple ever recorded was grown in Australia in 2011. It measured approximately 12.6 inches long, 26 inches wide and weighed 62 pounds.

Pineapples are affordable, available year-round and can be bought fresh, canned or frozen.

## SOUTHWESTERN PINEAPPLE PORK CHOPS RECIPE:

Total Time: 30 mins   Servings: 8

### Ingredients

- 4 boneless pork loin chops (5 ounces each)
- 1/2 teaspoon garlic pepper blend
- 1 tablespoon canola oil
- 1 can (8 ounces) unsweetened crushed pineapple, undrained
- 1 cup medium salsa
- Minced fresh cilantro (optional)

### Directions

1. Sprinkle pork chops with pepper blend.
2. In a large skillet, brown chops in oil. Remove and keep warm.
3. In the same skillet, combine pineapple and salsa. Bring to a boil. Return chops to the pan.
4. Reduce heat; cover and simmer until tender, 15-20 minutes.
5. Sprinkle with cilantro.

## HEALTH BENEFITS OF EATING PINEAPPLES:

- Eating pineapple may enhance your weight loss and aid in digestion
- Pineapples contain the mineral, manganese, which is known to promote healthy bones
- Pineapple is packed with antioxidants that help us fight diseases such as cancer
- May reduce inflammation due to the bromelain they contain
- Can help boost your immune system
- Minerals and nutrients in pineapple have been linked to improved heart health, and reduction in asthma symptoms

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