

# SUMMER FRESH! TROPICAL FRUITS



## TROPICAL FRUITS

**Tropical fruits** come in many colors, sizes and varieties including **papaya, pineapple, mango, guava, bananas** and **kiwi**. Most tropical fruits are eaten raw and contain lots of fiber, as well as vitamins A and C, and water. Cut-up tropical fruits are great snacks and very portable – just chop them up and put them in a container that seals really well (or else you may have sticky juice everywhere). Try them in smoothies, on top of green salads, and as toppings for pizza, chicken or fish!

## Fun facts about pineapples!

- It takes almost 2 years for a single pineapple to be ready to be picked, which can make the price tag a bit high for fresh pineapple! Look for canned (in water or juice, not syrup) and frozen pineapple for more affordable options.
- You can plant your own pineapple plant by cutting off the top of a pineapple and planting it in soil, but it will take a very long time to grow.
- Once harvested, pineapples don't continue to ripen, so don't buy one and save it for a week. Eat it when you buy it!
- Pineapple flesh and juice is used in many cuisines worldwide! It can be cooked, eaten raw or canned in its juices as chunks or cored slices.
- Try it in fruit salads, with dairy desserts such as ice cream and yogurt, on pizza (like Hawaiian pizza, recipe on the next page), and/or in stir-fry such as sweet and sour pork.

Adapted from:

[https://www.huffpost.com/entry/facts-about-pineapples\\_n\\_4726366?ir=OWN](https://www.huffpost.com/entry/facts-about-pineapples_n_4726366?ir=OWN);  
<http://www.sciencekids.co.nz/sciencefacts/food/pineapples.html>

**Check out the July Commit to Health Foods of the Month newsletter for more information about tropical fruits and nutritious, yummy recipes!**

# HAWAIIAN PIZZA (PINEAPPLE-TOPPED PIZZA)

(4 servings)

## INGREDIENTS:

- 1 prebaked 12-in. thin whole wheat pizza crust
- ½ cup marinara sauce or pizza sauce (or ¾ cup if not using barbecue sauce)
- ¼ cup barbecue sauce (optional if you are watching your sugar intake!)
- 1 medium sweet yellow pepper or red pepper, chopped
- 1 cup cubed fresh pineapple (or 1 cup drained canned pineapple chunks or slices\*)
- ½ cup chopped fully cooked ham (often sold in cubes in the refrigerated section of the grocery store)

- 1 cup shredded, part-skim mozzarella cheese
- ½ cup shredded cheddar cheese

## INSTRUCTIONS:

1. Preheat oven to 425°F.
2. Place crust on a baking sheet. Spread marinara or pizza sauce over crust (if using barbecue sauce, mix with marinara sauce before spreading).
3. Top with remaining ingredients. Bake until crust is browned and cheeses are melted, 8 to 15 minutes.



\*If using canned pineapple, make sure you let the pineapple drain for a while so the juice doesn't make your crust soggy.

Recipe adapted from:

<https://www.tasteofhome.com/recipes/quick-hawaiian-pizza/>



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# TROPICAL PINEAPPLE SALAD

(4-6 servings)

## INGREDIENTS:

- 1 package (10 oz) romaine lettuce, chopped into small pieces to allow for more absorption of the dressing
- 1 cup canned pineapple tidbits, drained or fresh chopped pineapple
- 1 can mandarin oranges, drained
- ½ cup chopped macadamia nuts (or walnuts or pecans), toasted if desired (optional)
- 2-3 green onions, finely chopped
- 1 red bell pepper, finely chopped
- Your favorite balsamic vinaigrette, or the dressing found here!

## DRESSING:

- ⅓ cup canned 100% pineapple juice (can use it from the can if using canned pineapple)
- 2 Tbsp extra virgin olive oil
- 2 Tbsp red wine vinegar
- 2 tsp honey
- ½ tsp salt

## INSTRUCTIONS:

1. Place lettuce in large bowl; add the pineapple, mandarin oranges, nuts (if using), onions and peppers; and mix to combine.
2. If making the dressing, combine all of the dressing ingredients in a



mason jar, seal, and shake well to combine (or whisk together in a bowl). The dressing will be extremely thin/watery, but it's really good!

3. Pour dressing on salad right before serving; it may make the salad soggy if it sits for a long time.

Nutrition tip: Add some grilled salmon or chicken breast for a complete and balanced meal!

Recipe adapted from:

<https://www.chelseasmessyapron.com/tropical-pineapple-salad/>



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