





Pineapple

Benefits of pineapple:

-  Contain Vitamins A, B6, E and K
-  High in Vitamin C
-  High in antioxidants to prevent heart disease and some cancers.

When are they in season?

-  Harvested during its peak season from March to July. Hawaii is one of the top pineapple producers in the world.

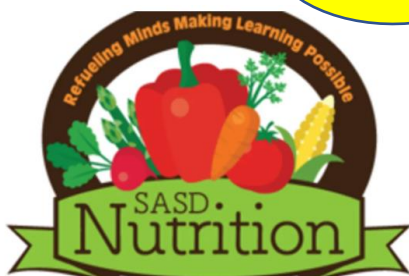
Food Safety for pineapple

Cut out damaged or bruised areas.

Store cut pineapple in the refrigerator.

Separate pineapple from meat. Use different cutting boards for meats and fruits.

Did you know... The tops of pineapples were often placed outside people's homes in the Caribbean as a symbol of hospitality and friendship.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
Wunder, J., 6, A., Erin @ Vitality Vixens October 6, 5, D., Summer BBQ Recipes that will help you host the best Summer Grilling Night - Recipe Magik October 3, Oven Baked Coconut Shrimp with Pina Colada Dipping Sauce August 10, . . . 6, B. (2020, August 07). Shrimp Pineapple Kabobs. Retrieved January 18, 2021, from <https://www.runninginaskirt.com/shrimp-pineapple-kabobs/>
Pictures: Creative Commons

Shrimp Pineapple Kabobs:

6 skewers

Ingredients

- 18 large shrimp (peeled & deveined)
- 12 fresh pineapple pieces, cut 1-inch chunks.
- ¼ cup soy sauce
- ¼ cup balsamic vinegar
- ¼ cup honey
- 1 teaspoon minced garlic
- ¼ teaspoon pepper
- 6 wooden skewers soaked in water for at least 30 minutes.

Directions

- Lay out the shrimp and pineapple on a cutting board.
- Thread the pineapple and shrimp on the skewers.
- In a large and strong zipper plastic bag, mix the soy sauce, balsamic vinegar, honey, and pepper.
- Add the skewers into the bag, careful not to puncture the bag. Mix the marinade around the pineapple and shrimp.
- Allow the bag to marinate in the fridge 10 minutes. Don't leave it longer because it can break down the shrimp.
- When ready to cook, heat the grill to medium heat.
- Remove the kabobs from the bag and grill for 5-8 minutes or until shrimp start to curl and turn pink. Flip once. Do not overcook!

