

Can-Do PINEAPPLE



Pineapple Black Bean Salsa

Servings: 4

Ingredients

- 1 can (15 ounces) pineapple, drained
- 1 can (15 ounces) black beans, drained and rinsed
- 2 tablespoons fresh cilantro or 2 teaspoons dried cilantro
- ½ red onion, diced
- 1 small jalapeño, diced (optional)
- 1 teaspoon garlic powder
- 2 tablespoons lime juice
- Salt and pepper to taste

Directions

1. Wash hands and surfaces.
2. Combine all ingredients in a large bowl and mix well. Cover and refrigerate until ready to eat.
3. Serve with tortilla chips or on top of fish or chicken
4. Refrigerate leftovers immediately.

Cooking tip

Keep the seed in the jalapeño if you like a lot of spice!



Chicken and Pineapple Stir Fry

Servings: 6

Ingredients

- 2 teaspoons vegetable oil
- 1 bag (16 ounces) frozen stir-fry vegetables
- 1 can (15 ounces) crushed pineapple, drained (keep the juice!)
- 1 can (12.5 ounces) chunk chicken, drained
- Salt and pepper to taste

Sauce

- 3 tablespoons low sodium soy sauce
- 2 tablespoons pineapple juice from can
- 1 teaspoon cornstarch
- 1 teaspoon brown sugar
- 1 teaspoon garlic powder

Directions

1. Wash hands and surfaces.
2. In a small bowl, mix together sauce ingredients. Set aside.
3. Heat oil in skillet and add frozen vegetables. Cook for 3-4 minutes over medium-high heat or until vegetables are crisp-tender.
4. Add remaining ingredients and sauce and cook for another 2 minutes, or until chicken is hot and sauce is thickened to desired consistency.
5. Serve immediately. This dish is great over brown rice.
6. Refrigerate leftovers immediately.



Summer Fruit Smoothie

Servings: 4

Ingredients

- 1 cup frozen fruit
- 2 cans (16 ounces each) pineapple, packed in juice
- 2 cups vanilla yogurt

Directions

1. Wash hands and surfaces.
2. Drain pineapple, reserving 1 cup of the juice.
3. Put reserved juice, pineapple, frozen fruit, and yogurt in a blender.
4. Blend until smooth. Serve immediately.
5. Refrigerate any leftovers.



Cooking tip

Try using a variety of canned or frozen fruits to create more flavors.



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Hawaiian Grilled Cheese

Servings: 4

Ingredients

- 1 can (15 ounces) pineapple slices, drained
- 4-8 slices favorite cheese, divided into 4 servings
- 9-ounce package low-sodium sliced ham
- 8 slices whole-grain or whole-wheat bread
- 4 tablespoons unsalted margarine at room temperature, divided

Directions

1. Wash hands and surfaces.
2. Heat a large skillet over medium heat.
3. Cook pineapple slices in dry skillet. Remove and place on a paper towel.
4. Layer desired amounts of cheese, ham and pineapple slices on one piece of bread, making sure the cheese is the outermost layer. Top with another piece of bread.
5. Spread the outsides of each sandwich with 1 tablespoon of margarine, covering the bread all the way to its edges.
6. Place two sandwiches in the skillet, pressing down lightly with the back of a spatula. Cook until golden brown, about 2-3 minutes per side.
7. Repeat Step 6 with remaining sandwiches.
8. Serve hot and enjoy.
9. Refrigerate leftovers immediately.

