

# Produce of the Month



## Enjoy fresh & free Pineapples

Keep an eye out for  
our mobile Produce  
of the Month cart  
around campus!

**November 5**

1pm • Sessums Mall

**November 20**

12pm • Outside of Juniper-Poplar

Every Wednesday, Champion's  
Choice, Fresh Food Co, and  
Juniper Dining will be featuring  
a healthy recipe with the  
Produce of the Month!

**USF** UNIVERSITY OF  
SOUTH FLORIDA  
Wellness Education & Dining Services

### SHOPPER TIPS

- At their mature stage, pineapples are usually dark green, firm, plump, and heavy for their size.
- Avoid pineapples with sunken or slightly pointed pips, dull yellowish-green color, and dried appearance.

### WHAT'S IN IT FOR YOU?

- Good source of Vitamin C
- Okay source of Fiber

### SERVING IDEAS

- Grilled pineapple adds flavor to veggie or meat kabobs.
- Pineapple is a wonderful addition to fruit salads, especially those containing other tropical fruits such as papaya, kiwi and mango.

### PEAK SEASON

- Pineapples are available all year, but are most abundant from March through June.

### STORAGE

- Pineapple can be left at room temperature for 1-2 days before serving.
- Once trimmed and cut, store in the refrigerator for 5 to 7 days.

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# Black Bean & Pineapple Salsa

Prep Time: 10 minutes; Servings 6

### INGREDIENTS:

- 2 cups black beans
- 1/4 cup jalapeno peppers, sliced
- 1/2 cup red onions, raw, chopped
- 1 cup tomatoes, chopped
- 1 cup pineapple, fresh, diced
- 1/2 cup sweet corn

### DIRECTIONS:

Mix all ingredients together and serve. Refrigerating for an hour is recommended but not necessary. Enjoy!

### Nutrition Facts:

 Black Bean & Pineapple Salsa

Servings Per Recipe: 6

Calories: 103.2, Total Fat: 0.6g, Cholesterol: 0.0mg, Sodium: 5.3mg

Total Carbs: 20.1g, Dietary Fiber: 6.1g, Protein: 5.7g

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