How to eat:

- Pineapples are great to eat as slices or small pieces, just remove the top, bottom and skin to enjoy!

- Chunks of pineapple go great with a wide variety of fruit, such as strawberries, cantaloupe, and blueberries. Combine to make a great fruit salad.

- The pineapple skin can also be used as a cup or serving bowl if the inside of the pineapple is hollowed out.

Pineapples are an excellent way to reach your daily dose of Vitamin C. They are also high in manganese. Vitamin C is an antioxidant that is vital for proper function of the immune system, while manganese is an essential mineral that is key for energy production and antioxidant defenses in the body. A single cup of pineapple chunks is just 83 calories, 2.3 grams of fiber, and 179.9 mg of potassium.

When selecting a pineapple, look for pineapples that are heavy for their size. Pineapples stop growing once they have been picked, so choose a fruit that has a fragrant sweet smell at the stem end. Avoid pineapples that have soft spots, darkened “eyes”, or smell off. Pineapples can be left at room temperature for up to two days before consumption. Pineapples can also be stored in a refrigerator for up to three to five days.

Banana Pina Colada Pops

Makes: 10 servings

Ingredients:
2 very ripe bananas, sliced  
1 cup diced fresh pineapple  
1 cup pineapple juice  
2 cups canned low-fat coconut milk  
*shake coconut milk before use*

Directions:
1. Combine bananas, pineapples, pineapple juice and coconut milk in a blender. Puree until smooth.
2. Divide mixture among ten 3-ounce popsicle molds and freeze until firm, at least 4 hours.
3. Freeze for up to 3 weeks

Nutrition Facts:
97 calories, 1g protein, 12g carbohydrates, 1g fiber, 8g sugar, 6g fat, 5g saturated fat, 0g cholesterol, 4mg sodium.
How to eat:

- Turnips can be enjoyed in many ways, such as raw, baked, boiled, steamed, etc.

- Turnips are great alternatives to use instead of cooked potatoes. You can even mash them. Here is a great recipe for Mashed Potatoes and Turnips.

- Turnip greens are also very nutritious and can be used instead of spinach or collard greens. They are great sautéed or steamed as a side dish with garlic, onion, olive oil and lemon.

Turnips are loaded with immune-boosting vitamin C. Vitamin C is essential for collagen synthesis in the body and it searches for free radicals in the body that may cause cancer and other inflammation.

Miso-Glazed Turnips

Makes: 4 servings

Ingredients:
- 1 pound small turnips, trimmed, scrubbed, cut into 1” wedges
- 2 tablespoons white miso
- 1 tablespoon olive oil
- 1 teaspoon sugar
- 2 table tablespoons fresh lemon juice
- Kosher salt and pepper as needed

Directions:
1. Combine turnips, miso, oil and sugar in a medium skillet, then add water just to cover vegetables. Season with salt and pepper.
2. Bring to a boil over medium-high heat and cook turnips, turning occasionally, until they are tender and liquid is evaporated, 15-20 minutes.
3. Once all the liquid has cooked off, keep cooking turnips, tossing occasionally, until they are golden brown and caramelized and the sauce thickens and glazes the vegetables, about 5 minutes.
4. Add lemon juice and a splash of water to the pan and swirl to coat turnips. Season with salt and pepper.

Nutrition Facts:
78 calories, 2g protein, 10g carbohydrate, 2g fiber, 5g sugar, 4g fat, 1g saturated fat, 0mg cholesterol, 421mg sodium.

The turnip greens, on the other hand, contribute to lowering the risk of unwanted oxidative stress and chronic diseases that have been linked to excessive oxidative stress.

Raw turnips can be a great snack. A cup of turnips is only 36 calories, 0.1g of fat, 2.3g of fiber, 39mg of calcium, and 248.3mg of potassium.

When purchasing turnips, aim for the smaller turnips because those are younger and will have a sweeter flavor. As a turnip ages, the taste will become more spicy. To store turnips, keep them tightly wrapped in the refrigerator for up to two weeks.