

# Naturally Nutritious

BLOG #8

March 2025

## PINEAPPLE SWEET & GOOD

Pineapple is one of my favorite fruits for its distinct tropical flavor and versatility. Pineapple is a tropical fruit that's not only tasty but also packed with health benefits. It's low in calories and high in essential nutrients like vitamin C and manganese, which are important for immune health, tissue repair, and bone health. Pineapple is also rich in antioxidants that help reduce inflammation and protect against chronic diseases. One of the unique components of pineapple is bromelain, a group of

digestive enzymes that aid in breaking down proteins, improving digestion, and reducing bloating. The high vitamin C content boosts the immune system, helping to fight off infections.

Additionally, pineapple is low in calories and high in fiber, making it a great choice for those looking to lose weight. Bromelain also has anti-inflammatory properties that can help with tissue healing and reduce pain and swelling after surgery or injury.



*Pineapples are packed with vitamins, minerals, and antioxidants, particularly vitamin C and manganese, which support immune function and bone health.*

In the kitchen, pineapple is incredibly versatile. For breakfast, you can add chopped pineapple to pancake batter for a tropical twist, blend it into a smoothie bowl with banana and coconut milk, or stir it into oatmeal with honey and cinnamon. For savory dishes, try making pineapple fried rice, marinating chicken in pineapple juice and grilling it, or mixing pineapple with tomatoes, onions, and cilantro for a refreshing salsa.

You can make a classic pineapple upside-down cake, blend frozen pineapple chunks into a sorbet. If you're cutting up a whole pineapple, save the core to put in a pitcher of water for a delicious and refreshing zero calories drink. With its unique flavor and numerous health benefits, pineapple is a fantastic addition to a variety of dishes. Whether you're looking to boost your immune system, improve digestion, or simply enjoy a delicious meal, pineapple is a nutritious and versatile choice.

**Fun fact:** Ever wonder why your tongue feels itchy when you eat raw pineapple? Bromelain can cause the irritation you feel. However, the enzyme is less active when pineapple is cooked or in the form of canned pineapple due to the heat treatment. Bromelain is also a potent tenderizer for meat and makes a great addition to marinades



## Pineapple Jerk Pork Tacos

For a sweet twist on a Caribbean favorite, try this recipe for Pineapple Jerk Pork Tenderloin Tacos which utilizes pineapple juice and diced pineapple .

### INGREDIENTS

- 1 2 - 2.5 pound pork tenderloin, fat trimmed off
- ¼ cup jerk seasoning or marinade
- 1 tablespoon avocado or grapeseed oil
- 1 can of pineapple chunks in juice, drained, juice reserved
- ¼ cup red onion, diced
- 2 small jalapeños, seeded and diced
- 1 lime, juiced
- 2 tablespoons cilantro, chopped
- ¼ teaspoon salt
- Corn Tortillas, warmed

Note: Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

### INSTRUCTIONS

1. Pre-heat a slow cooker/pressure cooker with a sauté function, or a braising pan over medium-high heat
2. Rub jerk seasoning or marinade into pork tenderloin.
3. Add oil to slow cooker, pressure cooker, or pan and sear pork tenderloin on all sides.
4. Add juice from canned pineapple and set to cook as follows:
5. Slow cooker set to High for 4 hours
6. Pressure Cooker - set to high for 40 minutes
7. Braising pan covered over low heat for 1 hour
8. Mix pineapple chunks with red onion, jalapeno, lime juice, cilantro and salt.
9. Once the pork tenderloin is finished cooking, shred with forks and place back in cooking liquid.
10. Serve on warmed corn tortillas with a little jerk and pineapple sauce, and pineapple salsa on top.

*Parul*

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