

# Pineapple Passion Fruit Pizza

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(NAPSA)—Pineapple Passion Fruit Pizza serves up a variety of colorful fruits all in one kid-friendly dish. At 5 A Day we



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believe it's easy for children and adults to include 5 to 9 servings of fruits and vegetables a day by using our Color Way Guide. Fruits and vegetables are divided into five groups—blue/purple, green, white, yellow/orange and red. Every day you choose a variety of fruits and vegetables from these groups. Pineapple Passion Fruit Pizza features fruits from all five groups—blueberries and raisins, honeydew, banana, pineapple and apricots, and strawberries and cherries.

As a key member of the yellow/orange group, pineapple contains varying amounts of health-promoting antioxidants including vitamin C. This workhorse vitamin helps absorb iron from plant sources, keep gums and immune systems healthy and heal cuts and wounds—all big pluses for active, growing children. Two slices of pineapple contain 60 calories and supply 25 percent of the daily value of vitamin C. Del Monte Gold pineapple has a sweeter flavor and richer color compared to the traditional tangier pineapple types and a two-slice serving contains an amazing 150 percent of the daily value of vitamin C.

Pineapple was discovered by Columbus who said it “astonished and delighted” him. Today, children are discovering new ways to enjoy sweet, juicy pineapple just as Columbus did. Dip pineapple chunks in yogurt, make an open-faced sandwich with lean ham and a slice of broiled fresh pineapple, and add fresh pineapple to fruit smoothies or stir into angel hair pasta with shrimp just before serving.

To cut a pineapple, cut or twist off the crown, trim the ends, cut in half, then quarters lengthwise, remove the core and cut into bite-size pieces. Pineapples are available all year.

Select pineapples with crown leaves that are fresh and green.



The pineapple should be fragrant, heavy and symmetrical in size.

Store pineapples in your refrigerator and use immediately.

For more recipes and information about fresh pineapple, visit [www.freshdelmonte.com](http://www.freshdelmonte.com) and for more information about 5 A Day The Color Way visit [www.5aday.org](http://www.5aday.org) and [www.aboutproduce.com](http://www.aboutproduce.com).

## Pineapple Passion Fruit Pizza

- 1 prepared thin-crust 12" pizza crust**
- 8 ounces fat-free cream cheese**
- 1/3 cup sugar**
- 1/2 teaspoon vanilla extract**
- 1 Del Monte® banana, peeled and sliced**
- 4 cups assorted fresh fruit, sliced: Del Monte® pineapple slices, blueberries, strawberries, apricots, Del Monte® honeydew and cherries**
- 1/4 cup raisins**
- 1/4 cup pistachios, chopped**
- Non-stick cooking spray**

**Spray 12-inch pizza pan with non-stick spray. Place crust on pizza pan and bake at 350°F for 8-10 minutes. Cool. Blend cream cheese, sugar, and vanilla. Spread mixture over cooled crust. Arrange banana slices in layer over cream cheese mixture. Arrange remaining fruit slices in circles on bananas, varying colors and shapes. Sprinkle with raisins and pistachios. Cut into 8 wedges. Makes 8 servings.**

**Nutritional information per serving: calories: 244, total fat: 3.8g, saturated fat: 0.3g, % calories from fat: 14%, protein: 9g, carbohydrates: 45g, cholesterol: 4mg, dietary fiber: 3g, sodium: 413mg**