Try it Tuesday: Pineapple

Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go: Cook, Sous Chef, and Head Chef. Give it your best shot and be sure to share your picture on Facebook, Instagram, and Twitter. Tag @CHEFSanAntonio and we just might share your photo!

**Cook Challenge:**
Try pineapple: fresh, frozen, or canned (with no sugar added). Share a picture or video of you trying the food and challenge friends on Facebook, Instagram, or Twitter to do the same. Be sure to tag @CHEFSanAntonio!

**Sous Chef Challenge:**
Choose one of the CHEF recipes below and make it with your family! Share a photo of the recipe on Facebook, Instagram, or Twitter and tag @CHEFSanAntonio!

**Head Chef Challenge:**
Create a recipe on your own using this week’s new food, pineapple. Share your recipe and photo on Facebook, Instagram, or Twitter and be sure to tag @CHEFSanAntonio for a chance to be our featured CHEF of the week!