



kid's
cook
book



Hey, Kids!

Do you like fruits and vegetables?
Is the kitchen one of your favorite
places? And most importantly
...are you HUNGRY?



If you answered YES to all of the above, you're in the right place!

As the world's largest farmer—and the leader in nutrition education—Dole wanted to create kids' recipes that rely largely on healthy, delicious fruits and vegetables. Unlike most kids' cookbooks, ours places a special emphasis on reducing unhealthy fats (no trans fats here!), minimizing sodium and incorporating whole food ingredients that are nutrient-rich. We hope that you have as much fun cooking these dishes as we had dreaming them up! To discover more recipes and explore our vast library of nutrition content, be sure to visit dole.com.

The tools you'll need to keep handy:



measuring
cups



knife and
cutting board



measuring
spoons



mixing
bowls



baking
sheet



oven
mitts



blender or food
processor



mixing
spoon



serving
bowl



frying
pan



rubber
spatula



glasses



what's inside to enjoy

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Note to parents: Be sure to supervise all recipe preparation before children attempt any kitchen skills on their own. Safety in the kitchen is very important.



Berried Treasure Yogurt Cups

These yummy breakfast treats are full of nutrition jewels—the blueberries and peaches are a treasure chest of fiber and vitamins A and C. The yogurt kicks in calcium. Layer them together with granola for the perfect combo of creamy and crunchy.

MAKES: 1 SERVING **PREP TIME:** 10 MIN **TOTAL TIME:** 10 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 340 CAL, 3.5 G FAT, 70 G CARB, 5 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Measuring cups
- 1 glass (10 oz.)
- Spoon

- $\frac{1}{3}$ cup flavored granola
- $\frac{1}{2}$ cup vanilla nonfat yogurt
- $\frac{1}{3}$ cup DOLE® Frozen Blueberries, partially thawed
- $\frac{1}{3}$ cup DOLE Frozen Sliced Peaches, partially thawed

directions

- 1 Layer one-half granola, one-half yogurt and blueberries in glass. Repeat layers of yogurt and granola.
- 2 Top with peaches.





Naturally Sweet Sunrise Pizza

Breakfast doesn't have to be boring! Try this breakfast pizza that tastes like dessert but (surprise!) serves up calcium, fiber, and vitamins A and C. Guaranteed good in 15 minutes. Feeling creative? Create your own pizza menu of toppings to try.

MAKES: 4 SERVINGS **PREP TIME:** 15 MIN **TOTAL TIME:** 15 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 270 CAL, 3 G FAT, 57 G CARB, 5 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Knife
- Cutting board
- Measuring cups and spoons
- Toaster

- 2 medium DOLE® Bananas, peeled
- 4 frozen whole wheat waffles
- ¼ cup honey-flavored nonfat Greek yogurt
- 1 can (11 oz.) DOLE Mandarin Oranges, drained
- 2 tsps honey
- Dash ground cinnamon
- Fresh raspberries or blueberries (optional)

directions

- 1 Thinly slice bananas on diagonal.
- 2 Prepare waffles according to package directions.
- 3 Spread waffles with yogurt. Arrange banana slices on top, overlapping. Arrange mandarin oranges in center of each pizza. Drizzle with honey. Sprinkle with cinnamon. Garnish with raspberries or blueberries, if desired.





Start-Your-Engine Fruit Shake



No time for breakfast? In just 5 minutes, you can rev up a morning shake. For added convenience, use frozen fruit—it also makes the shake extra thick. This recipe is an easy, yummy way to kick off your morning with potassium, vitamin C and calcium.

MAKES: 2 SERVINGS **PREP TIME:** 5 MIN **TOTAL TIME:** 5 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 170 CAL, 1 G FAT, 37 G CARB, 2 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Blender or food processor
- Measuring cups
- 2 glasses (10 oz.)
- Straws and/or long-handled spoons

- 1 extra-ripe, medium DOLE® Banana, peeled
- $\frac{3}{4}$ cup DOLE Pineapple Juice
- $\frac{1}{2}$ cup nonfat vanilla yogurt
- $\frac{1}{2}$ cup DOLE Strawberries, rinsed and stems removed

directions

- 1 Break banana into small pieces and put in the blender with pineapple juice, yogurt and strawberries.
- 2 Secure lid and blend until smooth.
- 3 Divide shake between two glasses and serve immediately.





Best Banana Pancakes

These delicious pancakes will keep you going strong all morning long. So gather the whole family for breakfast—the pancake house is officially open!

MAKES: 12 SERVINGS **PREP TIME:** 15 MIN

TOTAL TIME: 15 MIN

NUTRITION HIGHLIGHTS (PER SERVING):

190 CAL, 4.5 G FAT, 34 G CARB, 3 G FIBER

For full nutrition information, see page 44.



ingredients

YOU WILL NEED:

- Measuring cups and spoons
- Medium mixing bowl
- Knife
- Cutting board
- Skillet
- Spatula

- 1½ cups pancake mix
- ¼ cup almond flour
- 1 cup nonfat milk
- 2 Tbsps canola oil
- 1 egg
- ½ cup sliced DOLE® Banana

directions

- 1** Whisk pancake mix, flour, milk, oil, and egg.
- 2** Stir in banana. Cook per package directions.



Fruity Breakfast Burrito

A burrito for breakfast? Awesome! In addition to tasting great, this easy breakfast is low in fat and a good source of fiber, potassium and vitamin C.

MAKES: 2 SERVINGS **PREP TIME:** 6 MIN **TOTAL TIME:** 6 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 320 CAL, 3.5 G FAT, 68 G CARB, 6 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Baking sheet
- Measuring spoons
- Knife
- Oven mitts

- 2 (8-inch) whole wheat tortillas
- 2 tsps Splenda® or sugar
- ¼ tsp ground cinnamon
- 2 tsps strawberry fruit spread or jelly
- 2 medium DOLE® Bananas

directions

- 1 Place tortillas on baking sheet. Sprinkle Splenda or sugar and cinnamon evenly over tortillas.
- 2 Broil tortillas 1 minute or until hot and lightly browned.
- 3 Spread jam down center of tortillas. Place one banana over center of each tortilla; roll up tortillas.



Hula Chicken Sandwich

Ever wanted to go to Hawaii? You can—at lunch or dinner—with this sandwich. And you'll pick up vitamins C and B₆ as souvenirs.

MAKES: 4 SERVINGS **PREP TIME:** 25 MIN **TOTAL TIME:** 40 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 400 CAL, 7 G FAT, 40 G CARB, 6 G FIBER

For full nutrition information, see page 44.

ingredients

- 1 can (8 oz.) DOLE® Pineapple Slices, drained, juice reserved
 - ½ tsp dried oregano leaves, crushed
 - ¼ tsp garlic powder
 - 4 boneless, skinless, small chicken breast halves
 - ½ cup light Thousand Island salad dressing
 - 4 whole grain or whole wheat sandwich rolls
- Red or green bell pepper, sliced in rings

directions

- 1 Combine reserved pineapple juice, oregano and garlic powder in medium bowl. Pour ¼ cup into shallow non-metallic dish. Add chicken; coat both sides. Cover; marinate 15 minutes in refrigerator.
- 2 Add pineapple slices to bowl; coat both sides.
- 3 Grill or broil chicken, brushing occasionally with marinade, for 8 minutes. Flip, add pineapple to grill, and cook 8 to 10 minutes more, or until chicken is no longer pink in center and pineapple is golden brown. Discard remaining marinade.
- 4 Spread dressing on bottom halves of rolls. Top with chicken, peppers, pineapple slices and top halves of rolls.

YOU WILL NEED:

- Medium mixing bowl
- Measuring cups and spoons
- Small non-metallic dish
- Knife
- Cutting board
- Marinade brush
- Oven mitts





Crunchy Vegetable Burrito Banditos

With these burritos, it's always time for a flavor fiesta in the kitchen. You can even shout a little "olé" as you add the ingredients packed with vitamins A and C, calcium, fiber and folate.

MAKES: 4 SERVINGS **PREP TIME:** 15 MIN **TOTAL TIME:** 15 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 240 CAL, 7 G FAT, 31 G CARB, 4 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Medium mixing bowl
- Measuring cups and spoons
- Knife
- Cutting board

- ½ cup shredded carrots
- ½ cup chopped DOLE® Broccoli
- ½ cup chopped DOLE Cauliflower
- 2 green onions, thinly sliced
- 4 oz. shredded nonfat cheddar cheese
- ¼ cup nonfat ranch salad dressing
- ½ tsp chili powder
- 4 (7-inch) whole wheat tortillas
- 1 cup torn DOLE Iceberg Lettuce, bite-size pieces

directions

- 1 In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.
- 2 Lay tortillas flat on the counter and spoon about ½ cup vegetable mixture and ¼ cup lettuce down the center.
- 3 Wrap each tortilla around the vegetable mixture.





Rock Star Chicken-Orange Roll-Ups

These low-fat roll-ups rock in so many ways! First, there's the super taste. Then there's the fact that they pack in vitamins A and C. And if you fold over the bottom of the tortilla, they can even double as microphones. Rock on!

MAKES: 4 SERVINGS **PREP TIME:** 25 MIN **TOTAL TIME:** 25 MIN
NUTRITION HIGHLIGHTS (PER SERVING): 200 CAL, 3 G FAT, 32 G CARB, 3 G FIBER
For full nutrition information, see page 44.

ingredients

- 1 cooked boneless, skinless chicken breast half
- ¼ cup Italian salad dressing
- 1 jar (24.5 oz.) DOLE® Mandarin Oranges, drained
- 4 (6-inch) whole wheat or flour tortillas
- 1 cup torn DOLE Romaine Lettuce, bite-size pieces

directions

- 1** Shred chicken and marinate in salad dressing, in resealable bag, for 15 minutes.
- 2** Measure 1½ cups mandarin oranges.
- 3** Divide chicken mixture equally on tortillas. Top each with mandarin oranges and lettuce; roll up.

YOU WILL NEED:

- Measuring cups
- Knife
- Cutting board
- Resealable bag







Golden Adventure Mix

You don't need a trail nearby to enjoy this sweet and crunchy mix. But if you are planning an adventure, this snack is rich in fiber and iron to keep you fueled for whatever the day brings.

MAKES: 8 SERVINGS **PREP TIME:** 10 MIN **TOTAL TIME:** 10 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 400 CAL, 15 G FAT, 69 G CARB, 9 G FIBER

For full nutrition information, see page 44.

ingredients

- 1 package (8 oz.) DOLE® California Chopped Dates
- 2 cups whole grain, square-shaped cereal
- 1 cup whole almonds, toasted
- 1 cup DOLE Golden or California Seedless Raisins
- 1 cup dried banana chips
- 1 cup dried apricots, cut in half

directions

- 1 Combine all ingredients in large bowl.
- 2 Store in tightly sealed container or resealable bag.

YOU WILL NEED:

- Large mixing bowl
- Measuring cups
- Knife
- Cutting board
- Storage container or resealable bag



DOLE

Trees in a Broccoli Forest

Bet these vitamin-packed trees won't stand for long when paired with a yummy low-fat dip. Timber!

MAKES: 4 SERVINGS **PREP TIME:** 15 MIN

TOTAL TIME: 15 MIN

NUTRITION HIGHLIGHTS (PER SERVING):

90 CAL, 2 G FAT, 16 G CARB, 5 G FIBER

For full nutrition information, see page 44.



ingredients

- 6 DOLE® Mini Cut Carrots, cut in half lengthwise
- 3 cups DOLE Broccoli Florets
- 12 cherry tomatoes
- 3 Tbsps parsley leaves

dipping sauce

- $\frac{1}{4}$ cup plain nonfat yogurt
- 1 Tbsp cornstarch
- 2 tsps honey
- $\frac{1}{4}$ cup barbecue sauce
- 2 tsps spicy brown mustard

YOU WILL NEED:

- Small mixing bowl
- Measuring cups and spoons
- Knife
- Cutting board
- 4 serving plates

directions

- 1** Combine dipping sauce ingredients in a small bowl.
- 2** Start to arrange trees on serving plate by putting three carrots side-by-side to create the trunks. Then cluster broccoli around tops of carrots like tree tops. Add cherry tomatoes as sunshine near top of plate.
- 3** Spoon dip around the base of carrots. Tear parsley and sprinkle over dip.





PB&J Fruit Surprise Roll-Up

We've taken a kid classic to a new nutritious and delicious level by adding raisins and bananas. Package the gooey goodness (with vitamins C and B₆) into a roll-up, and it's ready to enjoy.

MAKES: 2 SERVINGS **PREP TIME:** 10 MIN

TOTAL TIME: 10 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 240 CAL,
6 G FAT, 44 G CARB, 4 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Measuring spoons
- Knife
- Cutting board

- 1 Tbsp peanut butter
- 1 (8-inch) whole wheat tortilla
- 1 Tbsp strawberry fruit spread or strawberry jelly
- 3 Tbsps DOLE® California Seedless Raisins
- 1 large DOLE Banana

directions

- 1** Spread peanut butter on one half of tortilla; spread jelly on other half. Sprinkle raisins over jelly.
- 2** Peel banana and place at one end of tortilla. Wrap tortilla around the banana.
- 3** Use a sharp knife to cut into 1-inch-thick slices.





Magical Pink Dip with Veggie Wands

This fantastic dip makes veggies magically disappear. Another trick parents will love: The dip gets its cool color from beets. Serve it as a snack or with lunch or dinner.

MAKES: 20 SERVINGS **PREP TIME:** 6 MIN **TOTAL TIME:** 6 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 20 CAL, 0 G FAT, 3 G CARB, 1 G FIBER

For full nutrition information, see page 44.

ingredients

- ½ lb. red beets, peeled and coarsely chopped
- 1 large scallion, chopped
- ¼ cup chopped fresh DOLE® Spinach, packed
- 2 tsps freshly squeezed lemon juice
- ¼ tsp salt
- 2 tsps snipped chives
- Assorted raw vegetables
- ¾ cup nonfat cottage cheese

directions

- 1** In a food processor, pulse beets, scallion and spinach until finely chopped.
- 2** Add cottage cheese, lemon juice and salt, and blend, leaving some texture in dip.
- 3** Transfer to bowl and stir in chives. Serve with raw vegetables.

YOU WILL NEED:

- Blender or food processor
- Measuring cups and spoons
- Knife
- Peeler
- Cutting board
- Small serving bowl







Honey-Lime Fruit Toss

With this snack, you'll set the family abuzz. Six nutrient-packed fruits blend with a touch of honey for un-bee-table flavor. This fruit toss is also a winner when it comes to vitamins A and C.

MAKES: 7 SERVINGS **PREP TIME:** 10 MIN **TOTAL TIME:** 10 MIN
NUTRITION HIGHLIGHTS (PER SERVING): 110 CAL, 0 G FAT, 28 G CARB, 3 G FIBER
For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Large serving bowl
- Small mixing bowl
- Knife
- Measuring cups and spoons
- Cutting board
- Zester
- Spoon

- 1 can (20 oz.) DOLE® Pineapple Chunks
- 1 can (11 or 15 oz.) DOLE Mandarin Oranges, drained
- 1 large DOLE Banana, sliced
- 1 kiwi fruit, peeled, halved and sliced
- 1 cup quartered DOLE Strawberries
- ¼ tsp grated lime peel (optional)
- 2 Tbsps fresh lime juice
- 1 Tbsp honey

directions

- 1 Drain pineapple; reserve ¼ cup juice.
- 2 Combine pineapple chunks, mandarin oranges, banana, kiwi fruit and strawberries in large serving bowl.
- 3 Stir together reserved pineapple juice, lime peel, lime juice and honey in small bowl. Pour over salad; toss to coat.





Gobble-'Em-Up Turkey Meatballs with Spaghetti

Meatballs are an easy place to mix in veggies. Gobble these up for fiber, potassium, calcium, iron and vitamins A and C.

MAKES: 4 SERVINGS **PREP TIME:** 20 MIN **TOTAL TIME:** 45 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 540 CAL, 20 G FAT, 48 G CARB, 8 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Large mixing bowl
- Knife
- Cutting board
- Measuring cups and spoons
- Baking pan (13x9-inch)
- Nonstick cooking spray
- Oven mitts
- Large skillet

- | | | | |
|---|---|----|---|
| 1 | package (6 oz.) DOLE® Baby Spinach, divided | ½ | tsp salt |
| 1 | lb. ground turkey | ¼ | tsp cayenne pepper |
| 3 | green onions, finely chopped | 1 | jar (24 oz.) marinara sauce |
| ¼ | cup seasoned dry breadcrumbs | 12 | oz. whole wheat spaghetti, cooked and drained |
| ¼ | cup ketchup | | |
| 1 | tsp dried basil, crushed | | |
| ½ | tsp dried oregano, crushed | | |





directions

- 1** Chop 1 cup spinach and combine in large bowl with ground turkey, green onions, breadcrumbs, ketchup, basil, oregano, salt and cayenne pepper, mixing well. Shape firmly into 12 (1½-inch) balls. Place in 13x9-inch baking dish, sprayed with nonstick cooking spray. Bake at 375°F, 20 to 25 minutes or until cooked through, turning once or twice.
- 2** Combine remaining spinach and marinara sauce in large skillet. Cook, stirring occasionally, until spinach is wilted and sauce is heated through.
- 3** Serve sauce over spaghetti on 4 serving plates and top each with 3 turkey meatballs.



Slammin' Salmon Burgers

Discover a new burger! Salmon does a body good—and tastes great with our special topping. Add a tomato slice if you like.

MAKES: 6 SERVINGS **PREP TIME:** 15 MIN **TOTAL TIME:** 20 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 370 CAL, 14 G FAT, 26 G CARB, 2 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Food processor
- Large and small mixing bowls
- Large skillet
- Nonstick cooking spray
- Spatula

- 1 slice whole-wheat bread, crust removed
- 1½ lbs. boneless skinless salmon, cut in 1-inch chunks
- ½ cup chopped red bell peppers
- 2 Tbsps chopped DOLE® Onions
- 1 Tbsp Dijon mustard
- Salt and pepper, to taste
- ½ cup nonfat yogurt, preferably Greek-style
- 2 Tbsp dill pickle relish
- 6 whole-wheat hamburger buns
- 6 leaves DOLE Butter Lettuce

directions

- 1** In a food processor, process bread to coarse crumbs. Transfer to a large bowl. Put salmon, peppers, onions, mustard, salt, and pepper in processor and pulse until finely chopped and the mixture sticks together. Stir into bread crumbs.
- 2** Form 6 patties. Heat a large skillet over medium-high heat, then coat with cooking spray. Cook burgers 2 to 3 minutes per side, or until cooked through.
- 3** Mix yogurt and pickle relish in a small bowl. Spread on buns. Add a lettuce leaf and a burger to each sandwich.





Fiesta Fish Tacos

If your store doesn't have DOLE® Creamy Coleslaw Kit, buy DOLE Classic Coleslaw and mix with $\frac{1}{2}$ cup nonfat yogurt and the juice of $\frac{1}{2}$ lime. For extra flavor, add some sliced avocado to your taco.

MAKES: 6 SERVINGS PREP TIME: 10 MIN TOTAL TIME: 20 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 340 CAL, 3.5 G FAT, 47 G CARB, 7 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Mixing bowl
- Large nonstick skillet
- Cooking spray
- Paper towels

- 1 bag (8.5 oz.) DOLE® Creamy Coleslaw Kit
- $1\frac{1}{2}$ lbs. white fish fillets such as cod or flounder
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- Salt and pepper, to taste
- 18 corn tortillas, 6-inch diameter
- 1 cup bottled salsa
- 6 lime wedges, for squeezing

directions

- 1 Prepare DOLE Creamy Coleslaw Kit according to package directions.
- 2 Rinse fish and pat it dry. Dust all over with chili powder, cumin, oregano, salt, and pepper. Coat all over with cooking spray. Heat a large nonstick skillet over medium-high heat. When hot, coat skillet with cooking spray and add fish. Cook for 2 to 3 minutes per side, or until fish just starts to flake apart easily.
- 3 Wrap stack of tortillas in damp paper towels and microwave for 1 minute or until warm. Fill each tortilla with some fish, coleslaw, and salsa. Squeeze on some lime juice, roll up, and enjoy.





Very Edgy Veggie Pizza

This cheesy veggie pizza cooks up faster than delivery—and delivers big on calcium and vitamins A and C. So, put a delicious pizza party on the calendar sometime this week.

MAKES: 8 SERVINGS **PREP TIME:** 15 MIN

TOTAL TIME: 25 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 250 CAL, 11 G FAT, 29 G CARB, 3 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Baking sheet
- Measuring cups
- Knife
- Cutting board
- Spoon
- Oven mitts

- 1 large (12-inch) Italian pizza shell
- $\frac{3}{4}$ cup pizza sauce
- 6 oz. shredded nonfat mozzarella cheese
- 1 cup chopped DOLE® Broccoli
- 1 cup shredded carrots
- $\frac{1}{2}$ cup sliced bell pepper

directions

- 1 Preheat the oven to 450°F.
- 2 Place pizza shell on baking sheet; spoon pizza sauce onto shell. Sprinkle with cheese. Arrange vegetables on top.
- 3 Bake for 10 minutes, or until cheese is melted. Cool pizza for 3 minutes before slicing into 8 wedges.





Confetti Salad with Crispy Tortilla Strips

Salad doesn't have to be boring. Wake up those greens with tortilla strips, chopped apple and red pepper for fun crunch plus vitamins A and C. You can even bake the tortillas ahead of time for a super-speedy meal later.

MAKES: 4 SERVINGS **PREP TIME:** 20 MIN

TOTAL TIME: 20 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 280 CAL,
5 G FAT, 40 G CARB, 9 G FIBER

For full nutrition information, see page 44.

YOU WILL NEED:

- Small mixing bowl
- Measuring cups and spoons
- Knife
- Cutting board
- Baking sheet
- Oven mitts
- Large bowl

ingredients

- 2 burrito-size (10-inch) whole wheat tortillas, rolled up and cut into thin slices
- $\frac{1}{3}$ cup plus 2 Tbsps fat-free or reduced-calorie Italian dressing, divided
- 1 package (12 oz.) DOLE® American, Very Veggie or other DOLE salad variety
- 1 package (6 oz.) grilled chicken breast strips
- 2 DOLE Apples, cored and chopped
- 1 red bell pepper, cut into thin strips

directions

- 1 Toss tortilla slices with 2 tablespoons dressing; scatter strips onto baking sheet. Bake at 375°F for 5 to 8 minutes or until crisp and lightly browned; cool.
- 2 Stir together salad blend, chicken, apple, bell pepper, remaining dressing and tortilla strips in large bowl.



Stir-Up-the-Fun Vegetable Mix

Sweet 'N' Sour is a favorite dish for many families. But you don't need to dig out that takeout menu to enjoy it. This easy recipe dishes up vitamins A, C and K—along with stir-fry flavor and fun.

MAKES: 4 TO 6 SERVINGS **PREP TIME:** 5 MIN **TOTAL TIME:** 20 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 160 CAL, 9 G FAT, 20 G CARB, 4 G FIBER

For full nutrition information, see page 44.

ingredients

$\frac{3}{4}$ cup DOLE® Pineapple Juice	1 cup sliced DOLE Carrot
1 Tbsp Splenda® or sugar	$1\frac{1}{2}$ cups DOLE Cauliflower Florets
1 Tbsp lemon juice	1 cup sliced DOLE Celery
$1\frac{1}{2}$ tsps cornstarch	1 cup chunked red bell pepper
1 tsp light soy sauce	1 cup DOLE Sugar Snap Peas, stems removed
4 tsps vegetable oil	
1 cup DOLE Broccoli Florets	

YOU WILL NEED.

- Small mixing bowl
- Measuring cups and spoons
- Skillet
- Knife
- Cutting board

directions

- 1 Combine the first 5 ingredients in a small bowl; set aside.
- 2 Heat oil in a skillet over medium-high heat. Add broccoli, carrots, cauliflower and celery; cook for 2 minutes. Add bell pepper and sugar peas; cook for another 2 minutes.
- 3 Add sauce, bring to a boil and cook for 1 minute, covered. Serve vegetables while hot.





Strawberry Cloud Pie

This fluffy mousse pie tastes like a slice of strawberry-banana heaven. And it's a good source of vitamin C. A little bit of whipped topping makes it out of this world!

MAKES 8 SERVINGS PREP TIME: 30 MIN TOTAL TIME: 4 HR 30 MIN
NUTRITION HIGHLIGHTS (PER SERVING): 240 CAL, 10 G FAT, 33 G CARB, 2 G FIBER
For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Measuring cups
- Medium and large mixing bowls
- Spoon
- Blender or food processor
- Rubber spatula

- 1 cup boiling water
- 1 package (4-serving size) sugar-free strawberry gelatin
- 2 extra ripe, medium DOLE® Bananas
- 1 carton (6 oz.) strawberry nonfat yogurt
- 2 cups thawed light frozen non-dairy whipped topping
- 1 cup DOLE Frozen Whole or Sliced Strawberries, partially thawed, quartered or sliced
- 1 (9-inch) prepared pie crust

directions

- 1 Stir water into gelatin in medium bowl until dissolved. Freeze 20 minutes, stirring occasionally.
- 2 Place bananas in blender or food processor. Cover; blend until smooth (1 cup).
- 3 Combine yogurt and puréed bananas in large bowl. Blend gelatin mixture into banana mixture. Refrigerate until slightly thickened. Fold whipped topping into gelatin mixture with strawberries.
- 4 Spoon gelatin mixture into prepared crust. Refrigerate until firm, about 4 hours. Garnish with additional whipped topping and strawberries, if desired.





Pomegranate Peach-sicles

You can open your own frozen dessert shop at home with this recipe. Each fruity layer of these pops is a super treat to eat. So chill out in your kitchen and blend up fat-free frozen fun to enjoy with friends.

MAKES: 12 SERVINGS **PREP TIME:** 2 HR 20 MIN

TOTAL TIME: 4 HR 20 MIN

NUTRITION HIGHLIGHTS (PER SERVING):

100 CAL, .5 G FAT, 22 G CARB, 1 G FIBER

For full nutrition information, see page 44.

ingredients

- | | |
|---------------------------------------|-----------------------------------|
| 1 jar (24.5 oz.) DOLE® Sliced Peaches | ¼ cup Splenda® or sugar |
| 2 cups vanilla nonfat yogurt | 2 cups pomegranate juice, chilled |

YOU WILL NEED:

- Blender or food processor
- Measuring cups
- 12 paper cups (5 oz.)
- Baking sheet
- 12 wooden frozen treat sticks

directions

- 1 Drain peach slices.
- 2 Combine peaches, yogurt and Splenda or sugar in blender or food processor. Cover; blend until smooth. Pour mixture equally into 12 paper cups. Place on tray and freeze, about 1 hour or until partially set.
- 3 Insert one wooden stick into center of each cup; freeze one hour longer or until almost solid.
- 4 Pour pomegranate juice equally into each cup over yogurt mixture. Freeze until firm, 2 hours or overnight. Remove paper cups to serve.



Striped Pineapple Parfaits

Just four ingredients and five minutes is all it takes to make these pretty parfaits. Bonus: They serve up fiber and vitamin C in a fun way. Enjoy them as a before-bed treat to keep your tummy satisfied until morning.

MAKES: 6 SERVINGS **PREP TIME:** 5 MIN

TOTAL TIME: 5 MIN

NUTRITION HIGHLIGHTS (PER SERVING):

290 CAL, 10 G FAT, 45 G CARB, 3 G FIBER

For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Measuring cups
- 6 parfait glasses (10 oz.)

- 1 container (8 oz.) strawberry or any flavor nonfat yogurt
- 1 cup granola or banana-nut crunch cereal
- 1 tub (8 oz.) light frozen non-dairy whipped topping, thawed
- 2 cups DOLE® Frozen Pineapple Chunks, partially thawed

directions

- 1 Layer yogurt, granola, whipped topping and pineapple chunks in parfait or dessert glasses.
- 2 Top with whipped topping.





Banana-Berry Dessert Boats

Ready to take a vitamin C- and K-packed dessert trip? This recipe reaches its delicious destination in just 10 minutes. And part of the fun is in getting there—mashing raspberries is step 1, and making it rain raspberry purée comes just before eating it all up.

MAKES: 2 SERVINGS PREP TIME: 10 MIN TOTAL TIME: 10 MIN
NUTRITION HIGHLIGHTS (PER SERVING): 310 CAL, 4 G FAT, 70 G CARB, 8 G FIBER
For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Measuring cups and spoons
- Mesh strainer
- Rubber spatula
- Medium mixing bowl
- Knife
- Cutting board

- 1 cup fresh DOLE® Raspberries (or thawed frozen berries)
- 2 Tbsps Splenda®, honey or sugar
- 1 cup cubed or sliced kiwi fruit (or substitute fresh pineapple, mangoes, melon, blueberries, etc.)
- 1 firm, ripe DOLE Banana
- 1 cup fat-free strawberry sorbet

directions

- 1 Mash and press raspberries through a fine mesh strainer over a medium bowl, using a rubber spatula or the back of a spoon. Discard seeds and pulp remaining in strainer. Stir Splenda, honey or sugar into purée until dissolved. Set aside.
- 2 Arrange fruit in two serving dishes and top with small scoops of sorbet. Drizzle raspberry purée over top or pool on plate.





“Bobbing for Bananas” Tropical Punch

With colorful chunks of fruit, this punch is fun to ladle and sip. It serves up cool refreshment (not to mention vitamin C) to a whole gang. Put it on the menu for your next party, or invite the team over to refuel and monkey around after sports practice.

MAKES: 28 SERVINGS **PREP TIME:** 20 MIN **TOTAL TIME:** 20 MIN
NUTRITION HIGHLIGHTS (PER SERVING): 110 CAL, 0 G FAT, 28 G CARB, 1 G FIBER
For full nutrition information, see page 44.

ingredients

YOU WILL NEED:

- Punch bowl
- Knife
- Cutting board
- Spoon

- 1 carton (64 oz.) DOLE® Pineapple-Orange Banana juice
- 1 bottle (32 oz.) diet lemon-lime soda
- 1 can (6 oz.) frozen limeade concentrate, thawed
- 1 package (16 oz.) DOLE Frozen Sliced Peaches
- 1 package (12 oz.) DOLE Frozen Raspberries
- 2 firm, medium DOLE Bananas, peeled and sliced
- 2 oranges, peeled and sliced

directions

- 1 Combine all ingredients in a punch bowl.
- 2 Stir and serve.





Chocolate-Banana Peanut Butter Milkshake

Here's proof you can blend yummy and nutritious: You get chocolate and peanut butter flavor and a good source of potassium, fiber, vitamin C and calcium all in one glass. Sweet!

MAKES: 2 SERVINGS **PREP TIME:** 5 MIN **TOTAL TIME:** 5 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 330 CAL, 12 G FAT, 47 G CARB, 4 G FIBER

For full nutrition information, see page 44.

ingredients

- 1 cup nonfat chocolate milk or nonfat chocolate soy beverage
- 1 medium ripe DOLE® Banana
- ¼ cup creamy peanut butter
- 1 Tbsp honey
- 6 ice cubes

YOU WILL NEED:

- Measuring cups and spoons
- Blender or food processor
- 2 glasses (8 oz.)

directions

- 1** Combine all ingredients in a blender or food processor and process until smooth.
- 2** Pour into glasses and serve immediately.






Full Nutrition Information

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARBOHYDRATE	DIETARY FIBER	SUGARS	PROTEIN
Berried Treasure Yogurt Cups % DAILY VALUE	290G	340	35	3.5G 5%	1.5G 8%	0G	5MG 2%	160MG 7%	70G 23%	5G 20%	49G	9G
Naturally Sweet Sunrise Pizza % DAILY VALUE	221G	270	25	3G 5%	0G 0%	0G	0MG 0%	530MG 22%	57G 19%	5G 20%	20G	8G
Start-Your-Engine Fruit Shake % DAILY VALUE	250G	170	10	1G 2%	.5G 3%	0G	5MG 2%	45MG 2%	37G 12%	2G 8%	27G	4G
Best Banana Pancakes % DAILY VALUE	111G	190	40	4.5G 7%	1G 5%	0G	40MG 13%	270MG 11%	34G 11%	3G 12%	14G	5G
Fruity Breakfast Burrito % DAILY VALUE	192G	320	30	3.5G 6%	0G	0G	0MG 0%	180MG 8%	68G 23%	6G 24%	29G	6G
Hula Chicken Sandwich % DAILY VALUE	257G	400	60	7G 11%	1.5G 8%	0G	100MG 33%	590MG 25%	40G 13%	6G 24%	15G	44G
Crunchy Vegetable Burrito Banditos % DAILY VALUE	152G	240	60	7G 11%	1.5G 8%	0G	10MG 3%	510MG 21%	31G 10%	4G 16%	3G	12G
Rock Star Chicken-Orange Roll-Ups % DAILY VALUE	213G	200	30	3G 5%	1G 5%	0G	20MG 7%	330MG 14%	32G 11%	3G 12%	12G	11G
Golden Adventure Mix % DAILY VALUE	108G	400	130	15G 23%	5G 25%	0G	0MG 0%	135MG 6%	69G 23%	9G 36%	43G	7G
Trees in a Broccoli Forest % DAILY VALUE	232G	90	20	2G 3%	1G 5%	0G	5MG 2%	110MG 5%	16G 5%	5G 20%	10G	5G
PB&J Fruit Surprise Roll-Up % DAILY VALUE	114G	240	50	6G 9%	.5G 3%	0G	0MG 0%	90MG 4%	44G 15%	4G 16%	21G	5G
Magical Pink Dip with Veggie Wands % DAILY VALUE	44G	20	0	0G 0%	0G 0%	0G	0MG 0%	170MG 7%	3G 1%	1G 4%	2G	2G
Honey-Lime Fruit Toss (pg. 22) % DAILY VALUE	188G	110	5	0G 0%	0G 0%	0G	0MG 0%	0MG 0%	28G 9%	3G 12%	22G	1G
Gobble-'Em-Up Turkey Meatballs with Spaghetti % DAILY VALUE	467G	540	180	20G 31%	6G 30%	0G	125MG 42%	800MG 33%	48G 16%	8G 32%	5G	46G
Slammin' Salmon Burgers % DAILY VALUE	212G	370	120	14G 22%	2.5G 13%	0G	80MG 27%	370MG 15%	26G 9%	2G 8%	7G	35G
Fiesta Fish Tacos % DAILY VALUE	342G	340	30	3.5G 5%	0G 0%	0G	55MG 18%	410MG 17%	47G 16%	7G 28%	6G	33G
Very Edgy Veggie Pizza % DAILY VALUE	140G	250	100	11G 17%	4G 20%	0G	15MG 5%	440MG 18%	29G 10%	3G 12%	4G	10G
Confetti Salad with Crispy Tortilla Strips % DAILY VALUE	437G	280	45	5G 8%	.5G 3%	0G	35MG 12%	480MG 20%	40G 13%	9G 36%	16G	20G
Stir-Up-the-Fun Vegetable Mix % DAILY VALUE	214G	160	80	9G 14%	1G 5%	0G	0MG 0%	170MG 7%	20G 7%	4G 16%	12G	3G
Strawberry Cloud Pie % DAILY VALUE	178G	240	90	10G 15%	4G 20%	0G	0MG 0%	190MG 8%	33G 11%	2G 8%	18G	3G
Pomegranate Peach-sicles % DAILY VALUE	144G	100	5	.5G 1%	0G 0%	0G	0MG 0%	35MG 1%	22G 7%	1G 4%	21G	2G
Striped Pineapple Parfaits % DAILY VALUE	178G	290	90	10G 15%	5G 25%	0G	0MG 0%	55MG 2%	45G 15%	3G 12%	37G	6G
Banana-Berry Dessert Boats % DAILY VALUE	319G	310	40	4G 6%	2G 10%	0G	10MG 3%	60MG 3%	70G 23%	8G 32%	53G	5G
"Bobbing for Bananas" Tropical Punch % DAILY VALUE	164G	110	0	0G 0%	0G 0%	0G	0MG 0%	5MG 0%	28G 9%	1G 4%	25G	1G
Chocolate-Banana Peanut Butter Milkshake % DAILY VALUE	291G	330	110	12G 18%	2.5G 13%	0G	5MG 2%	250MG 10%	47G 16%	4G 16%	31G	13G

POTASSIUM	VITAMIN A	VITAMIN C	CALCIUM	IRON	VITAMIN D	VITAMIN E	VITAMIN K	THIAMIN	RIBOFLAVIN	NIACIN	VITAMIN B6	FOLATE	VITAMIN B12	VITAMIN B5	PHOSPHORUS	MAGNESIUM	ZINC	SELENIUM	COPPER	MANGANESE
490MG 14%	15%	140%	25%	10%			15%	25%	3%	20%	70%	70%	80%		25%	15%	25%		10%	50%
360MG 10%	40%	40%	8%	25%				25%	25%	25%	35%	15%	20%			20%				10%
520MG 15%	2%	60%	15%	4%					10%		20%	10%			10%	10%				40%
	2%	6%	10%	6%				10%	10%		10%	10%			20%					10%
500MG 14%	2%	20%	2%	8%				2%	6%	4%	20%	6%			2%	8%		2%	6%	20%
560MG 16%	8%	30%	10%	15%			10%	25%	15%	100%	45%	10%			40%	20%	15%	80%	20%	60%
	50%	35%	15%	10%			50%								20%					
	60%	80%	4%	10%			15%	20%	10%	20%		15%			10%			20%		
760MG 22%	15%	6%	10%	35%		25%		10%	20%	15%	15%	35%			20%	25%	15%		20%	70%
620MG 18%	130%	160%	10%	8%			70%		10%		10%	20%			10%	10%				20%
	0%	10%	2%	6%				2%		8%	15%	6%						2%		15%
	4%	8%	2%	2%			15%													
	10%	80%	2%	4%							10%									10%
1410MG 40%	120%	90%	30%	35%		20%	320%	25%	35%	45%	45%	35%	10%		50%	35%	35%	100%	20%	110%
890MG 15%	15%	35%	10%	20%		10%	20%	35%	45%	70%	60%	25%	60%		40%	20%	10%	100%	25%	30%
1050MG 30%	40%	50%	25%	15%			60%	10%	15%	20%	45%	35%	20%		60%	25%	10%	80%	15%	25%
280MG 8%	60%	25%	15%	15%			30%	15%	15%	10%		10%	10%		20%			25%	10%	15%
	390%	160%	10%	20%			280%	15%	15%	35%	25%	80%			20%	15%	8%	20%	10%	20%
410MG 12%	130%	150%	4%	6%		15%	80%				15%	15%								15%
	0%	15%	2%	4%														10%		10%
	4%	4%	8%	2%																
	2%	10%	10%	6%		10%		15%	10%						15%	15%		10%	10%	90%
730MG 21%	6%	180%	15%	8%		10%	50%		15%		15%	15%			15%	15%			10%	35%
	2%	70%	2%	2%																20%
640MG 18%	6%	10%	15%	6%	15%	15%		10%	15%	25%	20%	10%		10%	25%	20%	10%		15%	35%



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