



Get a Taste of

# ZERO FOOD WASTE

**Spicy Ponzu Poke  
with Mango**  
made with DOLE® Chef-Ready  
Cuts Mango Cubes

RECIPES CREATED WITH  
**SUSTAINABILITY** *in* **MIND**



## INTRODUCTION

Since our humble, yet mission-driven beginnings almost 170 years ago, Dole has believed that good, healthy food should be more like sunshine – available for all. Part of that process is incorporating sustainability into everything we do, from our growing and sourcing practices to our products and the recipes we choose to create with them.

We've developed the Get A Taste of Zero Food Waste Recipe Book to showcase a few simple and sustainable tips that can help reduce food waste in your kitchen. Each tip is paired with some of our favorite plant-forward recipes that deliver exceptional flavor, all with labor savings and sustainability in mind.

Now that you know a little more about our mission, it's time to get cooking!



*Chef James*

Follow [@dolefoodservice](#) on Instagram and tag us in your sustainable creations using [#GetATasteOfZeroWaste](#)







SUSTAINABLE TIP: *One*

# PICKLE IT!

Pickling fruit is a fantastic way to **infuse even more flavor** into your menu while also **increasing shelf life.**

**Cuban Mushroom Sandwich**  
*Sándwich de Champiñones*  
*Cubanos*

PAGE 8

**Grilled Portabella Mushroom and Blackberry Sriracha Banh Mi**

PAGE 10

**Korean Pork Bowl with Pickled Fruit and Mango Crema**

PAGE 12

**Pickled Avocado and Gulf Shrimp Crostini**

PAGE 14

**Thai Chicken Larb Bowl with Spicy Pickled Peaches**

PAGE 16

**Vietnamese Noodle Salad Bowl with Pickled Apples**

PAGE 18



SUSTAINABLE TIP: *One*

## Why Pickle Fruit?

Pickling fruits is a simple way to amp up the flavors of a dish by combining the natural sweetness of fruit with an acidic bite from the brine.

### It's That Easy

- Pick your fruit
- Pack the fruit in a jar
- Heat a brine in a saucepan
- Pour brine over fruit in the jar
- Rest overnight.

### Making a Brine

Brines can be customized with an array of herbs and spices to help reach your desired flavor profile, but the base is simple; salt sugar, vinegar and water. Heat the brine and whisk to dissolve your seasonings, then let cool and pour over your chosen fruit in a temperature-resistant jar.



**Chef Tidbit:** Replace sugar and water in your brining liquid with DOLE 100% Pineapple Juice for the perfect balance of sweet and tart.





To top it off, **pickled applications** are growing across US Menus with a **+33.7% increase** over the past 4 years.\*

\*Source: Datassential SNAP™, 2021.

## Pickling vs. Fermenting

Pickling involves the immersion of foods in an acidic solution in order to alter the taste and texture of the food. This method also acts as a means of food preservation and flavor infusion.

Fermentation achieves a similar results in altering the foods taste and texture, but requires no acidic solution or heat. Instead, fermenting simply requires a container, water and salt. However the fermentation process takes much longer to achieve the desired result.

Pickled fruits and vegetables can be refrigerated and stored for up to **4 weeks after preparation.**

**Cuban Mushroom Sandwich**  
*Sándwich de Champiñones*  
**Cubanos**

PAGE 8

**Grilled Portabella Mushroom and Blackberry Sriracha Banh Mi**

PAGE 10

**Korean Pork Bowl with Pickled Fruit and Mango Crema**

PAGE 12

**Pickled Avocado and Gulf Shrimp Crostini**

PAGE 14

**Thai Chicken Larb Bowl with Spicy Pickled Peaches**

PAGE 16

**Vietnamese Noodle Salad Bowl with Pickled Apples**

PAGE 18



# CUBAN MUSHROOM SANDWICH (SÁNDWICH DE CHAMPIÑONES CUBANOS)

*A vegetarian twist on a traditional Cuban sandwich featuring marinated portobello mushrooms, spicy pickled pineapple and mango mojo sauce atop a French baguette that has been toasted to perfection.*



**Time: 80 minutes\***

**Serves: 10**

**INGREDIENTS:**

1½ cups rice wine vinegar

¼ cup granulated sugar

¼ cup jalapeno, diced & divided

1½ tablespoons kosher salt,  
divided

6 tablespoons lime juice,  
divided

**7 cups DOLE® Chef-Ready Cuts  
Pineapple Cubes**, thawed  
and divided

¼ cup fresh cilantro, chopped

2 tablespoons olive oil

24 garlic cloves, peeled &  
minced

¼ teaspoon dried oregano

¼ teaspoon ground cumin

¼ cup tomato sauce

**2 cups DOLE Chef-Ready  
Frozen Mango Purée**,  
thawed

¼ teaspoon ground cayenne  
pepper

**1 cup DOLE Chef-Ready Cuts  
Mango Cubes**, thawed

30 portobello mushrooms

5 cups Pineapple Mango Mojo  
Sauce, divided, *sub-recipe*

10 (6-inch) baguette loaves,  
sliced diagonally

1¼ cups vegan butter, melted

1¼ cups white onion, julienned

5 cups Spicy Pickled Pineapple,  
*sub-recipe*

*\*Time excludes pickling/marinating time.*

## 1. PREPARE SPICY PICKLED PINEAPPLE:

- Place the rice wine vinegar, granulated sugar, ¼ cup jalapeno, ½ tablespoon kosher salt and ¼ cup lime juice in a small saucepan. Bring to a simmer, stirring until sugar dissolves.
- Remove from heat and let cool to room temperature.
- Thaw and drain 4 cups pineapple cubes. Place the pineapple and cilantro into a large container.
- Pour the vinegar mixture over the pineapple, making sure to cover it completely. Cover tightly and refrigerate for at least 24 hours.



**Chef Tip:** Spicy Pickled Pineapple can be stored for up to 2 weeks.

## 2. PREPARE PINEAPPLE MANGO MOJO SAUCE

- In a medium saucepan, heat olive oil over medium heat. Add garlic cloves and ¼ cup jalapeno and cook until fragrant, about 2 minutes. Add oregano, cumin and 1 tablespoon kosher salt. Cook an additional minute. Add tomato sauce and cook until it reduces by half.
- Add mango purée, cayenne, 2 tablespoon lime juice and 2 cups of pineapple cubes. Cook until heated through and the fruit becomes soft, about 10 minutes, stirring occasionally.
- Transfer mixture to blender. Blend on high speed until the mixture is smooth.
- Cool completely. Fold in the remaining 1 cup each of pineapple and mango cubes and reserve.

## 3. PREPARE CUBAN MUSHROOM SANDWICH:

- Wipe caps of mushrooms with damp paper towel. Remove stem and inner gills with a spoon. Marinate in 1¼ cups mojo sauce for at least 15 minutes.
- Grill mushrooms over medium heat, while continuing to flip and baste with marinade mojo sauce to avoid drying out. Remove from heat and slice.
- Slice the bread loaves in half. Brush butter on top and bottom of bread, coating edge to edge.
- On the bottom heel, layer the sliced mushrooms onto the bread and cover with a single layer of julienned onions.
- Drizzle ¼ cup pineapple mango mojo sauce over mushrooms and onions, top with the bread crown.
- Press sandwich on a panini press until bread is toasted and grill marks appear, then slice in half diagonally.

## SERVE:

- Plate sandwich with ½ cup spicy pickled pineapples and remaining mojo sauce on the side.



# GRILLED PORTABELLA MUSHROOM AND BLACKBERRY SRIRACHA BANH MI

*Fresh French baguette filled with grilled char siu portabellas, sweet and sour mango, ribbon-cut pickled carrots, thin-shaved jalapeno, Daikon radish and fresh cilantro. All finished with a drizzle of blackberry Sriracha.*



**Time: 45 minutes\***

**Serves: 10**

**INGREDIENTS:**

- 1 cup water, divided
- 3 cups rice wine vinegar, divided
- 1 cup granulated sugar, divided
- 2 tablespoons kosher salt, divided
- 2½ cups DOLE® Chef-Ready Cuts Mango Cubes**, thawed and reserved slack
- 2½ cups rainbow carrots shaved half-inch width
- 2 cups hoisin sauce
- 3½ cups DOLE Chef-Ready Frozen Blackberry Purée**, thawed and divided
- 1 cup honey
- 1 cup soy sauce
- 4 tablespoons Chinese five-spice powder
- 20 portabella mushrooms, cut into slices
- ½ cup Sriracha sauce
- 10 (6-inch) French baguettes
- 10 cups Char Siu Portabellas, *sub-recipe*
- 2½ cups Sweet and Sour Mango, *sub-recipe*
- 2½ cups Pickled Carrots, *sub-recipe*
- 40 jalapenos, thinly sliced
- 1¼ cups Daikon radish, julienned
- ¾ cup fresh cilantro leaves
- 2 cups Blackberry Sriracha, *sub-recipe*

\*Time excludes pickling/marinating time.

## 1. MAKE THE SWEET AND SOUR MANGO:

- Add ½ cup water, 1 cup rice wine vinegar, ½ cup granulated sugar and 1 tablespoon kosher salt to a saucepan and bring to a boil. Reduce heat to low and simmer for 5 minutes. Remove pan from heat and cool.
- Place mango cubes and reserved slack in a container and pour cooled brining liquid on top until fruit is covered. Brine for at least 2 hours before serving.



**Chef Tip:** This versatile Sweet and Sour Mango sauce can last up to 4 weeks refrigerated. Make this ahead of time for fast prep.

## 2. MAKE THE PICKLED CARROTS:

- Add ½ cup water, 1 cup rice wine vinegar, ½ cup granulated sugar and 1 tablespoon kosher salt to a saucepan and bring to a boil. Reduce heat to low and simmer for 5 minutes. Remove pan from heat and cool.
- Place shaved rainbow carrots in a container and pour cooled brining liquid on top until carrots are covered. Brine for at least 2 hours before serving.



**Chef Tip:** Pickled carrots can last up to 4 weeks refrigerated.

## 3. PREPARE THE CHAR SIU PORTABELLAS:

- In a mixing bowl, combine hoisin sauce, 2 cups blackberry purée, honey, soy sauce, 1 cup rice wine vinegar and Chinese five-spice powder and stir until well blended.
- Add the sliced portabella mushrooms and marinate for 1 hour in the refrigerator.
- Heat grill to medium-high heat.
- Grill each marinated portabella slice for 3-5 minutes on each side until caramelized and charred. Remove from grill and reserve.

## 4. MAKE THE BLACKBERRY SRIRACHA:

- Add 1½ cups blackberry purée and Sriracha sauce to blender and pulse until mixed well. Reserve.



**Chef Tip:** Blackberry Sriracha is great with chicken wings!

## SERVE:

- Split the 6-inch French baguette down the middle. Fill with 1 cup of prepared char siu portabella mushrooms, topped with ¼ cup of sweet and sour mango, ¼ cup of pickled carrots, 4 slices of jalapenos, 2 tablespoon of Daikon radish and 1 tablespoon of cilantro. Drizzle with 2 tablespoon of blackberry Sriracha.



# KOREAN PORK BOWL WITH PICKLED FRUIT AND MANGO CREMA

*A flavorful Korean-style pork and rice bowl.*



**Time: 1 hour\***

**Serves: 12**

**INGREDIENTS:**

1 cinnamon stick  
1 teaspoon whole cumin seeds  
½ teaspoon black peppercorns  
3 cardamom pods, crushed  
¾ cup distilled white vinegar  
¾ cup **DOLE® 100% Pineapple Juice**  
12 lemons, juiced  
1 tablespoon kosher salt  
2 dried Thai chilies  
**1 cup DOLE Chef-Ready Cuts Mango Cubes**  
**1 cup DOLE Chef-Ready Cuts Diced Peaches**  
½ small red onion, thinly sliced  
1 pound ground pork  
3 tablespoons Korean chili paste  
2 tablespoons Korean chili flakes  
1 tablespoon soy sauce  
¾ cup **DOLE Chef-Ready Frozen Mango Purée**, divided  
2 cloves garlic, finely minced  
1 teaspoon fresh ginger, finely minced  
1 tablespoon sesame oil  
1 tablespoon canola oil  
1-2 jalapenos, seeded and chopped  
½ cup sour cream  
2 tablespoons mayonnaise  
1 tablespoon lime juice  
½ teaspoon salt  
¼ teaspoon ground cumin  
¼ teaspoon garlic powder  
1-2 pounds short grain white rice  
½ cup rice wine vinegar  
½ cup mirin sweet rice wine  
5-6 large eggs

*\*Time excludes pickling/marinating time.*

## 1. PREPARE PICKLED FRUIT:

- Toast cinnamon stick, cumin, peppercorns and cardamom in a dry pan over medium-low heat for about 4-5 minutes. Place spices in a sachet.
- Combine vinegar, pineapple juice, lemon juice, salt, chilies and spice sachet, in a medium saucepan. Bring to a simmer and cook for 5 minutes.
- Pack the mango, peaches, and onion into a one-quart jar, pour in the hot brine and add the sachet. Let it cool completely. Cover and refrigerate overnight.



**Chef Tip:** *Pickled fruit last up to 1 week refrigerated.*

## 2. PREPARE KOREAN PORK:

- Combine pork, chili paste, chili flakes, soy sauce, ¼ cup mango purée, garlic, ginger, and sesame oil in a bowl. Mix well to make sure pork is evenly coated. Let stand for 15 minutes.
- Add the canola oil to a sauté pan and over medium-high heat. Add pork to pan and cook until browned and caramelized. Stir in pan for about 3-5 minutes.

## 2. PREPARE JALAPENO MANGO CREMA:

- Combine jalapenos, sour cream, remaining ½ cup mango purée, mayonnaise, lime juice, salt, cumin, and garlic powder to blender. Cover; blend until smooth, scraping down sides as needed.

## 4. PREPARE RICE:

- Boil rice according to package instructions with salt and pepper. Once rice is finished, drain and fluff with a fork. Dress with vinegar and mirin, stir to coat.

## 5. PREPARE SOFT BOILED EGGS:

- Bring small pot of water to a rolling boil. Gently place eggs into water with a slotted spoon and boil for 5 minutes. Remove eggs from water and place into an ice bath to stop cooking. Peel shells from eggs and cut into halves.

## SERVE:

- Serve pork over rice with pickled fruit and 2 egg halves on top. Garnish with jalapeno mango crema.



# PICKLED AVOCADO AND GULF SHRIMP CROSTINI

*A crispy baguette topped with a creamy avocado spread and juicy, gulf shrimp.*



**Time: 15 minutes\***

**Serves: 6**

**INGREDIENTS:**

3 ounces rice wine vinegar

1 teaspoon salt

1 teaspoon pepper

¼ teaspoon coriander

¼ cup red onion, diced fine

1 tablespoon jalapeno,  
diced fine

3 ounces water

**1 cup DOLE® Chef-Ready Cuts  
Diced Avocado**, thawed

6 baguette slices, toasted

6 gulf shrimp, peeled, deveined,  
tail off and cooked

1 tablespoon chives, chopped

**1. MAKE THE PICKLED AVOCADO:**

- In a small saucepan, bring rice wine vinegar, salt, pepper, coriander, onion and jalapeno to a boil.
- Remove from heat and add avocado and water. Transfer to fridge safe bowl. Allow to pickle for at least 1 hour in the fridge.

**SERVE:**

- Drain avocado mix. Mash avocado with a fork until desired texture.
- Smear avocado onto baguette slices. Top with 1 shrimp each and garnish with fresh chives.

*\*Time excludes pickling/marinating time.*



# THAI CHICKEN LARB BOWL WITH SPICY PICKLED PEACHES

*A spicy Thai-style salad with peaches.*



**Time: 30 minutes\***

**Serves: 4**

**INGREDIENTS:**

**2 cups DOLE® Chef-Ready Cuts Diced Peaches**, partially thawed

¼ cup rice vinegar

4 teaspoons plus ½ tablespoon sugar, divided

1 teaspoon soy sauce

1 teaspoon plus 3 tablespoons fish sauce, divided

1 teaspoon chili garlic sauce

¼ cup fresh lime juice

½ cup water

1 pound ground chicken

½ cup green onions, thinly sliced

½ cup shallots, thinly sliced

1½ tablespoons lemongrass paste

½ teaspoon Thai chili, minced

¼ cup fresh cilantro, chopped

2½ tablespoons fresh mint, chopped

2½ tablespoons ground toasted rice

Salt and pepper, to taste

2 heads butter lettuce, leaves separated

## 1. PREPARE SPICY PICKLED PEACHES:

- Combine peaches, rice vinegar, 4 teaspoons sugar, soy sauce, 1 teaspoon fish sauce and chili garlic sauce in a bowl. Cover and let stand 1 hour.

## 2. PREPARE LARB SAUCE:

- Whisk lime juice, remaining ½ tablespoon sugar and 3 tablespoons fish sauce in medium bowl to blend; reserve sauce.

## 3. PREPARE THAI CHICKEN LARB:

- Bring water to simmer in large skillet over medium heat.
- Add chicken. Simmer until cooked through, breaking up meat with spoon, about 8 minutes.
- Add green onions, shallots, lemongrass and chili. Stir until most of liquid has evaporated, about 4 minutes. Remove from heat.
- Stir in prepared sauce, cilantro, mint and pickled peaches. Sprinkle with toasted rice. Season with salt and pepper to taste.

## SERVE:

- Spoon chicken larb into lettuce leaves and serve.

\*Time excludes pickling/marinating time.



# VIETNAMESE NOODLE SALAD BOWL WITH PICKLED APPLES

*A delicious Vietnamese noodle salad with grilled lemongrass pork and pickled apples.*





**Time: 30 minutes\***

**Serves: 4**

### INGREDIENTS:

11 tablespoons sugar, divided  
1½ tablespoons plus 1 teaspoon  
garlic, chopped & divided  
1 tablespoon shallots, chopped  
2 tablespoons lemongrass paste  
¼ tsp ground black pepper  
2 teaspoons soy sauce  
2 tablespoons plus ¼ cup  
fish sauce, divided  
1 tablespoon vegetable oil  
1 pound boneless pork shoulder  
steak, thinly sliced into  
3 pieces  
1¾ cups water, divided  
4½ tablespoons distilled white  
vinegar  
¼ teaspoon salt  
**3 cups DOLE® Chef-Ready Cuts  
Diced Apples**  
1½ cups carrots, julienned  
½ cup lime juice  
1 Thai chili, minced  
4 cups red leaf lettuce, torn  
1 package (14 ounce) thin rice  
vermicelli, cooked to  
package directions  
¼ cup fresh mint  
¼ cup fresh cilantro  
¼ cup roasted peanuts, crushed

## 1. MARINATE PORK:

- Combine 2 tablespoons sugar, 1½ tablespoons garlic, shallot, lemongrass, pepper, soy sauce, 2 tablespoons fish sauce and oil in a blender or food processor container. Cover; blend until smooth.
- Transfer to a bowl. Add the pork, and turn to coat well. Cover and let stand at room temperature for 1 hour or refrigerate up to 24 hours.

## 2. PREPARE PICKLED APPLES AND CARROTS:

- Dissolve 5 tablespoons sugar in 1¼ cups water. Add vinegar, salt, apples and carrots. Cover and let stand at least 1 hour.

## 3. PREPARE SAUCE:

- Combine remaining ¼ cup sugar, 1 teaspoon garlic, ¼ cup fish sauce, ½ cup water, lime juice, Thai chili and in a medium bowl. Cover and let stand at least 30 minutes.

## 4. PREPARE GRILLED PORK:

- Preheat grill to medium-high. Grill pork for 6 to 8 minutes, turning frequently, until cooked through.

## SERVE:

- Divide lettuce between four bowls. Top each bowl with rice vermicelli, mint, cilantro, peanuts, grilled pork, pickled apples and carrots. Serve salad with sauce.

\*Time excludes pickling/marinating time.



SUSTAINABLE TIP: *Two*

# WORK WITH WHAT YOU GOT!

Bowls are a great way to incorporate **extra product** you have on hand into a **new format**.

**Indonesian Rice Bowl**

PAGE 24

**Jackfruit and Bean Chimichanga Bowl**

PAGE 26

**Mango-Glazed Chicken Tortilla Bowl**

PAGE 27

**Mango Yam Som-O**

PAGE 28

**Pineapple and Peach Vermicelli Salad**

PAGE 30

**Pineapple Bulgogi Rice Bowl**

PAGE 32

**Potato and Peach Hash Breakfast Bowl**

PAGE 33

**Spicy Ponzu Poke with Mango**

PAGE 34

**Avocado Gazpacho**

PAGE 36

**Vietnamese Summer Roll Bowl**

PAGE 37



SUSTAINABLE TIP: *Two*

## Why Bowls?

They're versatile, they're approachable, they're portable- what's not to love? Even better, they're on trend with a growth of +20% on US Menus since 2016.\*

### Bowl Trends on The Rise\*

**GRAIN BOWLS**  
**+1,159.5%**



*Blueberry Coconut  
Amaranth Bowl*

**ACAI BOWL**  
**+227.1%**



*Avocado Ice Cream  
Acai Bowl*

**POKE BOWL**  
**+135.3%**



*Spicy Ponzu Poke  
with Mango*

**BREAKFAST BOWL**  
**+98.4%**



*Potato and Peach Breakfast  
Hash Bowl*

**RICE BOWL**  
**+40.4%**



*Indonesian Rice Bowl*

\*Source: Datassential SNAP™, 2021.



Today's excess potatoes can become tomorrow's **new brunch special** with our **Potato and Peach Breakfast Hash Bowl**.

### **Profitability**

If you're looking for food that travels well, bowls are at the top of the list. Adding fruit to the mix also helps keep your dishes tasting their best by preventing proteins or grains from drying out during transit.

### **Versatility**

Bowls are a concept that translates across all menu types and dayparts. From smoothie bowls for breakfast to frozen yogurt bowls for dessert and everything in between, bowls are becoming a staple across US menus.

### **Creativity**

Bowls offer chefs a chance to experiment with different flavor profiles and textures. A simple, seasonal switch from a burrito bowl with a spicy habanero peach salsa in the fall to a vibrant mango salsa for the summer keeps customers coming back for more.

**Indonesian Rice Bowl**

PAGE 24

**Jackfruit and Bean Chimichanga Bowl**

PAGE 26

**Mango-Glazed Chicken Tortilla Bowl**

PAGE 27

**Mango Yam Som-O**

PAGE 28

**Pineapple and Peach Vermicelli Salad**

PAGE 30

**Pineapple Bulgogi Rice Bowl**

PAGE 32

**Potato and Peach Hash Breakfast Bowl**

PAGE 33

**Spicy Ponzu Poke with Mango**

PAGE 34

**Avocado Gazpacho**

PAGE 36

**Vietnamese Summer Roll Bowl**

PAGE 37



# INDONESIAN RICE BOWL (MANGO NASI GORENG)

*Fluffy white rice, wok-fried with sweet kecap manis, mango, garlic and red chili peppers.  
Finished with green onion and fried shallots all served with a side of sliced cucumber, tomato wedges and lime.*





**Time: 15 minutes**

**Serves: 10**

**INGREDIENTS:**

½ cup vegetable oil

3 tablespoons garlic, minced

3 teaspoons Thai red chili peppers, fresh sliced

¾ cup shallots, minced

9 cups white rice, cooked & cooled

½ cup kecap manis, prepared sweet soy sauce

**2¼ cups DOLE® Chef-Ready Cuts Mango Cubes, thawed**

10 fried eggs

½ cup scallions, sliced thin

½ cup fried shallots, prepared

20 tomato ½-inch wedges

30 cucumber slices

10 lime wedges

## 1. PREPARE FRIED RICE:

- Heat vegetable oil in a wok or large skillet over high heat.
- Add garlic, Thai red chili peppers and fresh shallots and cook for 2 minutes.
- Add cold rice to the wok, using a wooden spoon to break up any clumps while mixing with the vegetables. Cook for another 2 minutes.
- Add the kecap manis and stir-fry for 3 to 5 minutes until the rice begins to take on a dark brown color and caramelizes.
- After rice has caramelized, remove from heat and fold in mango cubes.

## SERVE:

- Place 1 cup of fried rice into a bowl, then top with a 1 fried egg.
- Garnish with 1 tablespoon of scallions and 1 tablespoon of prepared fried shallots.
- Serve with 2 tomato wedges, 3 cucumber slices and 1 lime wedge on the side.

# JACKFRUIT AND BEAN CHIMICHANGA BOWL

*Tortilla shells topped with refried beans, taco seasoned jackfruit, cheddar, sour cream, avocado, black olive and cilantro.*



**Time: 25 minutes**

**Serves: 2**

## INGREDIENTS:

**6 ounces DOLE® Jackfruit**

1 tablespoon taco seasoning

¼ cup water

Tortilla chips

4 ounces black refried beans, heated

2 ounces cheddar cheese, shredded

2 ounces sour cream

**2 ounces DOLE Chef-Ready Cuts  
Diced Avocado**

2 tablespoons black olives, sliced

2 tablespoons fresh cilantro, chopped

## 1. MAKE THE JACKFRUIT TACO MIXTURE:

- In a small pan over medium heat brown jackfruit until crispy on edges. Add taco seasoning and water. Cook for additional 10 minutes.

## SERVE:

- In your serving bowls place a few tortilla chips at the bottom. Add refried beans to the center, place jackfruit taco mixture around the edges. Add cheddar cheese, sour cream, avocado, black olives and garnish with fresh cilantro. Place more tortilla chips around the edge of the bowl standing up.



# MANGO-GLAZED CHICKEN TORTILLA BOWL

Mango-glazed chicken mixed with crispy potatoes, fresh tomatoes, sharp cheddar cheese and a spicy slaw, served in a tortilla bowl shell.

**Time: 30 minutes**

**Serves: 2**

## INGREDIENTS:

2 ounces coleslaw mix

½ ounce white vinegar

1 ounce sriracha mayo

6 chicken tenders, uncooked

Salt and pepper, to taste

**3 ounces DOLE® Chef-Ready  
Frozen Mango Purée**

1 ounce hot sauce

**2 ounces DOLE Chef-Ready  
Cuts Mango Cubes**

2 tortilla bowls

6 ounces potato crowns,  
cooked

3 ounces nacho cheese sauce,  
warmed

1 ounce tomatoes, diced

½ cup sharp cheddar, shredded

Fresh cilantro, chopped for  
*garnish*

## 1. MAKE THE SLAW MIXTURE:

- In a small bowl, combine slaw mix, vinegar and sriracha mayo until mixed thoroughly. Set aside for service.

## 2. PREPARE MANGO-GLAZED CHICKEN TENDERS:

- Preheat a small pan to medium heat. Season chicken tenders with salt and pepper. Cook seasoned tenders until internal temp of 165°F. Add mango purée, hot sauce and mango cubes. Cook for an additional 2 minutes.

## SERVE:

- Place half of the potatoes in the bottom of a tortilla bowl, cover with nacho cheese sauce. Top with cooked chicken, tomatoes, cheddar cheese, prepared slaw mix and remaining mango sauce from pan. Garnish with cilantro and serve.

# MANGO YAM SOM-O

*Mango and pomelo salad with grilled shrimp tossed in a spicy garlic lime fish sauce then topped with toasted peanuts, fried garlic and cilantro.*





**Time: 15 minutes**

**Serves: 10**

**INGREDIENTS:**

1¼ cups palm sugar

1¼ cups tamarind nectar

1¼ cups fish sauce

3 tablespoons roasted chili  
paste

½ cup lime juice

**5 cups DOLE® Chef-Ready Cuts  
Mango Cubes**, thawed

5 cups shrimp 26-30 size,  
grilled & chilled

10 cups pomelo, torn chunks

2½ cups black sauce yam dam  
*sub-recipe*

20 tablespoons peanuts,  
toasted & coarsely ground

10 tablespoons fried garlic

10 tablespoons fresh cilantro,  
chopped

10 teaspoons green onion,  
diced

## 1. PREPARE BLACK SAUCE (YAM DAM):

- In medium size bowl, combine palm sugar, tamarind nectar, fish sauce, roasted chili paste and lime juice and stir until well combined.
- Cover and reserve refrigerated until ready to use.

## 2. PREPARE MANGO YAM SOM-O:

- Mix mango, cooked shrimp, pomelo and black sauce (Yam Dam) in large bowl; stir until well combined.

## SERVE:

- Portion 2½ cups Mango Yam Som-O onto each serving plate.
- Garnish with 2 tablespoon of peanuts, 1 tablespoon fried garlic, 1 tablespoon cilantro and 1 teaspoon green onion.

# PINEAPPLE AND PEACH VERMICELLI SALAD

*A fresh vermicelli salad topped with grilled peach slices, marinated pineapple, rainbow carrot slices, shredded purple cabbage, sliced green onion, fresh mint, Thai basil and toasted cashews.*

*Served with side of nuoc cham and strawberry Sriracha.*



**Time: 1 hour**

**Serves: 10**

**INGREDIENTS:**

**1½ cups DOLE® Chef-Ready Frozen Strawberry Purée, thawed**

4 tablespoons Sriracha

1¼ teaspoons kosher salt, divided

5 tablespoons + 1 teaspoon granulated sugar, divided

6 tablespoons lime juice

1 teaspoon fish sauce, divided

½ teaspoon garlic, minced

1½ teaspoons Thai Bird chili peppers, minced & divided

2 tablespoons water

½ cup vinegar

**2 cups DOLE Frozen Pineapple Chunks**

5 cups vermicelli rice noodles, cooked & chilled

3 cups rainbow carrots, ribbon slices

3 cups purple cabbage, shredded

¾ cup green onions, sliced on bias

2 cups mint

1¼ cups Thai basil

¾ cup cashews, toasted

**3½ cups DOLE Frozen Sliced Peaches**

¾ cup Strawberry Sriracha, *sub-recipe*

1¼ cups Nuoc Cham, *sub-recipe*

3½ cups Marinated Pineapple *sub-recipe*

## 1. PREPARE THE STRAWBERRY SRIRACHA:

- In a small mixing bowl, combine strawberry purée, Sriracha, ½ teaspoon kosher salt and 4 teaspoons granulated sugar. Reserve.

## 2. PREPARE NUOC CHAM:

- In a small mixing bowl, combine ¼ teaspoon kosher salt, 2 tablespoons granulated sugar, lime juice, ½ teaspoon fish sauce, garlic and ½ teaspoon Thai chilis and water. Reserve.

## 3. MARINATED PINEAPPLE DIRECTIONS:

- In a small mixing bowl, combine vinegar, ½ teaspoon kosher salt, 2 tablespoons granulated sugar, ½ teaspoon fish sauce and 1 teaspoon Thai chilis.
- Add pineapple chunks to vinegar mixture, cover and marinate for at least an hour. Reserve.

## SERVE:

- In a bowl place ½ cup of vermicelli noodles, then artfully arrange ⅓ cup rainbow carrots, ⅓ cup purple cabbage, 1½ teaspoons green onions 3 tablespoons mint, 1 tablespoon basil and 1½ teaspoons of cashews around the noodles.
- Grill peach slices from frozen.
- Top with ¼ cup prepared marinated pineapple and ⅓ cup grilled peach slices.
- Serve with 2 tablespoons strawberry Sriracha and 1 tablespoon nuoc cham on the side.



# PINEAPPLE BULGOGI RICE BOWL

*A sweet and savory rice bowl with bulgogi marinated beef and vibrant pineapple cubes.*

**Time: 1 hour 30 minutes**

**Serves: 3**

## INGREDIENTS:

- 1 pound steak, thinly sliced
- 1 tablespoon garlic, minced
- 1 tablespoon plus ¼ teaspoon ginger, minced and divided
- ½ cup white onion, thinly sliced
- ⅓ cup carrots, shredded
- ½ cup bulgogi sauce, premade
- ¼ cup **DOLE® Canned 100% Pineapple Juice**
- 4 green onions
- ½ cup **DOLE Chef-Ready Cuts Pineapple Cubes**, thawed
- ¼ teaspoon toasted white sesame seeds
- 2 teaspoons sesame oil
- 2 tablespoons rice wine vinegar
- 1½ cups jasmine rice, cooked
- ¾ cup kimchi

## 1. MARINATE STEAK:

- In a large bowl add the sliced beef, garlic, 1 tablespoon ginger, onion, carrot, bulgogi sauce, pineapple juice and cover, marinating for 1 hour.

## 2. MAKE THE GRILLED SCALLION AND PINEAPPLE:

- Grill green onions over high heat until charred. Cut and remove any roots or rough tops from the green onions and roughly chop.
- Combine green onions with pineapple cubes, ¼ teaspoon ginger, white sesame seeds, sesame oil and rice wine vinegar in a small bowl and set aside for later use.

## 3. COOK BULGOGI BEEF:

- Once beef is marinated, move to a large skillet and sauté over medium heat for about 5-10 minutes, or until the meat is fully cooked through and the sauce has thickened.

## SERVE:

- In a bowl place ½ cup of rice, top with ½ cup bulgogi beef, 2 tablespoons of prepared grilled scallion and pineapple and ¼ cup of kimchi.

# POTATO AND PEACH HASH BREAKFAST BOWL

*A delicious breakfast hash sweetened with peaches.*



**Time: 15 minutes**

**Serves: 2**

## **INGREDIENTS:**

- 1 tablespoon extra-virgin olive oil
- 4 large red potatoes, diced
- Salt and pepper, to taste
- ½ tablespoon cayenne pepper
- 1 yellow onion, minced
- ⅓ cup **DOLE® Chef-Ready Cuts Diced Peaches**
- ½ red bell pepper, finely diced
- 2 eggs
- 1 tablespoon fresh cilantro, chopped

## **1. PREPARE THE POTATO PEACH HASH:**

- Add oil and potatoes to a small pan over medium heat and cook with salt, pepper and cayenne until the potatoes begin to soften and brown slightly. Add onions and peaches, cook covered for 5 minutes to sweat and soften the potatoes.
- Remove lid and add red pepper, cook for another 2 minutes, stirring occasionally. Remove from heat.
- Fry two eggs in a separate pan to desired doneness (over-easy recommended).

## **SERVE:**

- Portion into bowls and top hash with eggs and garnish with cilantro.

# SPICY PONZU POKE WITH MANGO

*This dish combines all the great Asian flavors of rice, ahi tuna, soy sauce, sesame oil, avocado, and jalapeno pepper in a bowl.*





**Time: 40 minutes**

**Serves: 3**

**INGREDIENTS:**

- 2 cups short grain rice
- 2 cups water
- ½ cup lemon-lime juice mixture
- 2 tablespoons white soy sauce
- 2 tablespoons dark soy sauce
- 2 tablespoons mirin sweet rice wine
- ¼ cup DOLE® 100% Pineapple Juice**
- 1 teaspoon sesame oil
- ½ teaspoon hot chili oil
- ½ lb. sushi-grade ahi tuna or salmon cut into 12-inch pieces
- ¾ cup DOLE Chef-Ready Cuts Mango or Pineapple Cubes, partially thawed**
- ¼ cup DOLE Frozen Diced Avocado, thawed**
- ¼ English cucumber, diced
- 1 jalapeno, sliced
- green onions, thinly sliced
- ½ teaspoon sesame seeds

## 1. PREPARE RICE:

- Rinse and drain rice in a fine mesh sieve until the water runs clear. Combine rice with 2 cups water in medium saucepan and bring to a boil. Reduce heat; simmer and cook 18 to 20 minutes, or until rice is tender. Fluff with a fork when done.



**Chef Tip:** *Rice made ahead of time dries out when left for awhile. In bowls like this it's best to use rice close to the time it was made. Leftover rice can be used in delicious dishes like rice puddings or vegetable fried rice.*

## 2. MAKE PONZU SAUCE:

- Combine citrus juice, white and dark soy sauce, mirin, pineapple juice and oils in a bowl and whisk to combine. Set ponzu aside.



**Chef Tip:** *A ponzu sauce can be made ahead of time and stored for 6 months.*

## 3. PREPARE TUNA:

- Add tuna to the ponzu and stir gently to coat. Cover; marinate 10 minutes, stir in fruit the last 5 minutes.



**Chef Tip:** *DOLE Chef-Ready Cuts Pineapple Cubes make a great substitute!*

## SERVE:

- Add rice to a bowl, top with tuna mango mixture and garnish with avocado, cucumber, jalapeno, green onions and sesame seed, if desired.

# AVOCADO GAZPACHO

A sweet and savory rice bowl with bulgogi marinated beef and vibrant pineapple cubes.



**Time: 20 minutes**

**Serves: 3**

## INGREDIENTS:

- 1 tablespoon olive oil
- 2 cups cucumber, diced and seeded
- ½ cup sweet onion, diced
- 2 teaspoons garlic, minced
- 1 sprig fresh thyme
- 1½ cup DOLE® Chef-Ready Cuts Diced Avocado**
- ¾ cup filtered water
- 2 tablespoons fresh lime juice
- ⅓ cup plain Greek yogurt
- Salt and pepper, to taste
- Fresh herbs - parsley, dill, mint, chives, *to garnish*
- Extra-virgin olive oil, to finish
- Crostini or croutons, *to garnish*

## 1. MAKE THE CUCUMBER MIXTURE:

- Place olive oil, cucumber, onion, garlic and thyme into a sauté pan over medium heat. Cook stirring regularly until the onions are translucent and cucumber is just tender. Remove from heat and allow to chill in the refrigerator until cooled.

## 2. PREPARE THE AVOCADO GAZPACHO:

- Once cooled, remove the thyme sprig from the container and discard. Place cucumber mixture into a blender along with the avocado and half of the water. Blend on high until mostly incorporated, streaming in more water as needed to reach a smooth consistency.
- Next add lime juice and Greek yogurt and blend once more high speed until smooth. Taste and season with salt and pepper, adjust acidity to preference.
- Place into a storage container and allow to chill until completely cool or until time for service.

## SERVE:

- To plate, pour into desired serving vessel and garnish with fresh herbs, olive oil, crostini or croutons. Serve immediately.

# VIETNAMESE SUMMER ROLL BOWL

A plant forward bowl filled with crispy cucumber and green peppers, ripe avocado, tangy pineapple and shrimp.

**Time: 25 minutes**

**Serves: 3**

## INGREDIENTS:

- ½ cup smooth peanut butter
- ⅓ cup hoisin sauce
- 2 tablespoons sambal
- 2 tablespoons soy sauce
- 1 clove garlic paste
- 1 (8 oz.) DOLE® Canned 100% Pineapple Juice**
- 2 ounces rice noodles
- ½ large carrot, julienned
- ½ English cucumber, julienned
- 1 cup DOLE® Chef-Ready Cuts Diced Avocado**, thawed
- 1 cup DOLE Chef-Ready Cuts Pineapple Cubes**, thawed
- 1 red bell pepper, julienned
- 1 head butter lettuce, rinsed and separated
- 1 pound shrimp, steamed or poached, chilled
- 2 tablespoons cilantro, chopped
- 2 tablespoons fresh mint, chopped
- 4 chives, thinly sliced

## 1. PREPARE THE PEANUT SAUCE:

- Combine peanut butter, hoisin, sambal, soy sauce and garlic paste in a bowl. Mix until smooth.
- Add the pineapple juice slowly mixing the whole time to more easily incorporate. Add more pineapple juice, as needed, to create a dressing like consistency. Hold chilled.



**Chef Tip:** Some may require more or less pineapple juice or water depending on consistency of peanut butter. Desired consistency should create a stream when poured.

## 2. PREPARE THE NOODLES:

- Cook the rice noodles according to manufacturer's instructions. Drain, rinse under cold water and hold chilled.

## SERVE:

- Place the noodles into a bowl and dress with each of the toppings: carrot, cucumber, avocado, pineapple, pepper, lettuce, shrimp and herbs. Top with prepared peanut sauce and serve chilled.





SUSTAINABLE TIP: *Three*

# GOOD TO THE LAST DROP!

The key to sustainability is  
**making the most out of the product**  
you have on hand.

**Black Pepper  
Chicken and  
Pineapple**  
PAGE 42

**Brazilian Cheese  
Skewer  
(Queijo Halloumi)**  
PAGE 44

**Dobos Torta  
Cake**  
PAGE 46

**Pineapple  
Passione Aperitivo  
from Torino**  
PAGE 48

SUSTAINABLE TIP: *Three*

## Save the Juice

When utilizing frozen or canned fruit, don't forget about the juice. It can be used in a variety of applications as a simple and sustainable flavor enhancer.

### It is Easy

1. Place a colander or fine-mesh strainer inside of a mixing bowl.
2. Add desired amount of DOLE Fruit. If using frozen fruit allow fruit to thaw for 30 minutes-1 hour.
3. The slack from the fruit will be reserved in the mixing bowl.

## Menu Ideas



*Aqua Frescas*



*Lemonades  
& Teas*



*Marinades*



*Salads Dressings*



*Dipping Sauces*



*Dessert Sauces*





**Infused applications** are **growing** across US Menus  
**+18.4%** over the last 4 years.\*

Fruit juice is a great way to infuse a hint of sweetness,  
without the need for artificial sweeteners.

\*Source: Datassential SNAP™, 2021.

## **Fruit-Infused Simple Syrup**

1 cup reserved fruit juice  
1 cup water  
2 cups sugar

### **METHOD:**

- Bring fruit juice, water and sugar to a boil in a medium saucepan, stirring just until sugar dissolves.
- Boil 10 minutes. (Do not stir.) Remove from heat. Cool completely (about 20 minutes).
- Transfer to a jar; cover and refrigerate up to 3 months.



**Chef Tip:** *Infuse additional flavor by adding fresh herbs, but remember to use a wire-mesh strainer to separate solids before transferring to a jar.*

**Black Pepper  
Chicken and  
Pineapple**  
PAGE 42

**Brazilian Cheese  
Skewer  
(Queijo Halloumi)**  
PAGE 44

**Dobos Torta  
Cake**  
PAGE 46

**Pineapple  
Passione Aperitivo  
from Torino**  
PAGE 48

# BLACK PEPPER CHICKEN AND PINEAPPLE

*This delicious black pepper chicken is served with green beans on top of hot cooked rice.*



**Time: 30 minutes**

**Serves: 4**

**INGREDIENTS:**

2 cups instant brown rice,  
uncooked

3 tablespoons less sodium soy  
sauce, divided

1 tablespoon cornstarch

1 tablespoon vegetable oil

1 pound chicken breasts, cut  
into 12-inch pieces

1 cup yellow onions, chopped

1 cup frozen cut green beans

**2 cups DOLE® Pineapple  
Chunks in 100% Pineapple  
Juice**, drained & reserve  
juice

¼ cup black bean sauce

1 teaspoon ground black  
pepper

### 1. PREPARE RICE AND SOY SAUCE MIXTURE:

- Prepare rice according to package directions.
- In a small bowl, combine soy sauce and cornstarch; reserve.

### 2. PREPARE CHICKEN AND VEGETABLES:

- Heat oil in large skillet or wok over medium-high heat. Cook chicken until no longer pink, about 5 to 7 minutes. Drain chicken; remove from pan. Add onion and green beans and cook 3 minutes more.

### 3. PREPARE BLACK PEPPER CHICKEN AND PINEAPPLE:

- Stir pineapple with ¾ cup reserved juice, black bean sauce and black pepper into skillet and reserved chicken. Stir and bring to boil. Quickly add soy sauce mixture, stirring constantly until sauce thickens. Reduce heat and simmer 2 minutes.

### SERVE:

- Serve chicken over rice.



# BRAZILIAN CHEESE SKEWER (QUEIJO HALLOUMI)

*Halloumi cheese brushed with a sweet pineapple syrup and grilled to caramelized perfection, served with a refreshing pineapple mango salsa.*



**Time: 35 minutes**

**Serves: 10**

**INGREDIENTS:**

**5 cups DOLE® Pineapple Tidbits in 100% Pineapple Juice**, drained & reserve juice

**3¾ cups DOLE Chef-Ready Cuts Mango Cubes**, thawed

½ cup red onion, finely chopped

½ cup fresh cilantro, chopped

7 tablespoons fresh lemon juice

½ cup jalapenos, diced

5 cups pomegranate seeds

5 teaspoons kosher salt

5 cups pineapple juice, reserved from pineapple mango salsa

2½ cups brown sugar

30 (1-inch x 4-inch) sticks Halloumi

¾ cup pomegranate molasses

10 cups Pineapple Mango Salsa *sub-recipe*

## 1. PREPARE PINEAPPLE MANGO SALSA:

- Drain pineapple tidbits and reserve juice.
- In a medium bowl, combine pineapple tidbits, mango cubes, red onion, cilantro, lemon juice, jalapenos, pomegranate seeds and kosher salt. Gently mix until fully combined. Cover and refrigerate.

## 2. PREPARE BRAZILIAN CHEESE SKEWERS:

- Soak 30 bamboo skewers in water.
- Turn on grill and allow to reach high temperature.
- In a small saucepan, combine reserved pineapple juice and brown sugar. Bring to a simmer until slightly thickened, 2-3 minutes.
- Remove skewer from water and skewer the cheese. Brush each cheese slice with the prepared pineapple brown sugar syrup on both sides.
- Grill cheese over medium-high heat for about 2 minutes per side, brushing one side with pomegranate molasses. Cook until grill marks can be seen.

## SERVE:

- Place three grilled cheese skewers on a serving dish and garnish with ½ cup of pineapple mango salsa.

# DOBOS TORTA CAKE

*A delicate 6-layer cake made with orange infused sponge cake, filled with layers of chocolate buttercream, topped with caramel brittle and roasted pecans.*





**Time: 125 minutes**  
**Serves: 10 (2-inch slices)**

**INGREDIENTS:**

**1 cup reserved juice from DOLE® Canned Mandarin Oranges in 100% Fruit Juice**

1¾ cups sugar, divided

2 (8-inch) sponge cakes premade

6 ounces mandarin simple syrup, *sub-recipe*

8 ounces chocolate buttercream, premade

2 tablespoons water

**10 DOLE Mandarin Orange Segments**, drained reserve juice

Candied pecans, premade for garnish

## 1. PREPARE MANDARIN ORANGE SIMPLE SYRUP:

- Heat mandarin juice and 1 cup sugar in a small pot until sugar is dissolved.
- Cool and set aside for future use.

## 2. PREPARE DOBOS TORTA:

- Cut each premade white cakes into 3 layers. Begin assembling by taking one of the layers of cake and putting it on a turntable.
- Soak the layer of cake with 1 ounce of mandarin orange simple syrup.
- Spread 1 ounce of chocolate buttercream over the top of the layer, then place the next layer of cake on top and repeat until all 6 layers are frosted. Use 1 ounce of the chocolate buttercream to crumb coat the outside of the cake, then chill for 1 hour.

## 3. PREPARE CARAMELIZED SUGAR SHARDS:

- While cake is chilling, place ¾ cup sugar and a 2 tablespoons water into a small pot and cook until amber, do not stir. Spread caramelized sugar on a sheet tray to harden. Once hardened, shatter into small shards.

## 4. FINISH DECORATING:

- After chilling the cake, use the rest of the buttercream to finish icing.
- Decorate the cake with the candied pecans, mandarin oranges and caramel shards.

# PINEAPPLE PASSIONE APERITIVO FROM TORINO

*Vodka, Chinotto liqueur, mandarin simple syrup, fresh lime juice, pineapple juice, garnished with fresh aromatic mint.*



**Time: 22 minutes**

**Serves: 1**

**INGREDIENTS:**

**1 cup reserved juice from  
DOLE® Canned Mandarin  
Oranges in 100% Fruit  
Juice**

½ cup sugar

1 ounce vodka

½ ounce chinotto

1 ounce mandarin simple syrup  
*sub-recipe*

¾ ounce fresh lime juice

**4 ounces or to fill DOLE  
Canned 100% Pineapple  
Juice**

1 mint sprig, optional garnish

**1. PREPARE MANDARIN SIMPLE SYRUP:**

- Combine the mandarin juice and sugar in a small saucepan and simmer until the sugar is completely dissolved. Set aside to cool.

**2. PREPARE PINEAPPLE PASSIONE APERITIVO:**

- Add vodka, chinotto, mandarin simple syrup and lime juice to a cocktail shaker and fill with ice.

**SERVE:**

- Top with the pineapple juice and garnish with a sprig of mint.





SUSTAINABLE TIP: *Four*

# DON'T TOSS IT, BLEND IT!

Fruit comes in a  
variety of shapes and sizes,  
but all produce  
**serves a purpose.**

**Avocado & Mango  
Smoothie Bowl**

PAGE 54

**Avocado Toast  
Smoothie Bowl**

PAGE 55

**Avocado Matcha  
Smoothie with  
Pineapple Coconut  
Foam**

PAGE 56

**Banana Tahini  
Milkshake**

PAGE 58

**Dragon Fruit  
Smoothie Bowl**

PAGE 59

**Floral Fuchsia  
Smoothie**

PAGE 60

**Pineapple Avocado  
Smoothie**

PAGE 61

**Pink Pineapple  
Smoothie**

PAGE 62

**Pineapple Peach  
Smoothie**

PAGE 63

**Spiced Mango  
Lassi Smoothie**

PAGE 64

SUSTAINABLE TIP: *Four*

## **Zero fruit loss is good for our planet.**

Often times produce is tossed simply because it's not the ideal size or shape. Don't toss it, blend it into a beautiful and tasty smoothie or smoothie bowl.

### **DOLE® Smoothie Cuts**

Our DOLE Smoothie Cuts line makes sure no good fruit goes to waste, offering bulk IQF fruit in varied cut size sizes.



**Diced Avocado**  
100-71202-06744-0



**Sliced Bananas**  
100-71202-16202-2



**Mango Bits & Pieces**  
100-71202-10561-6



**Pineapple Tidbits**  
100-71202-28885-2



**Peach Slivers**  
100-71202-02019-3



**Peach Chunks**  
100-71202-02029-2



**Raspberry Crumbles**  
100-71202-22910-7  
100-71202-22927-5



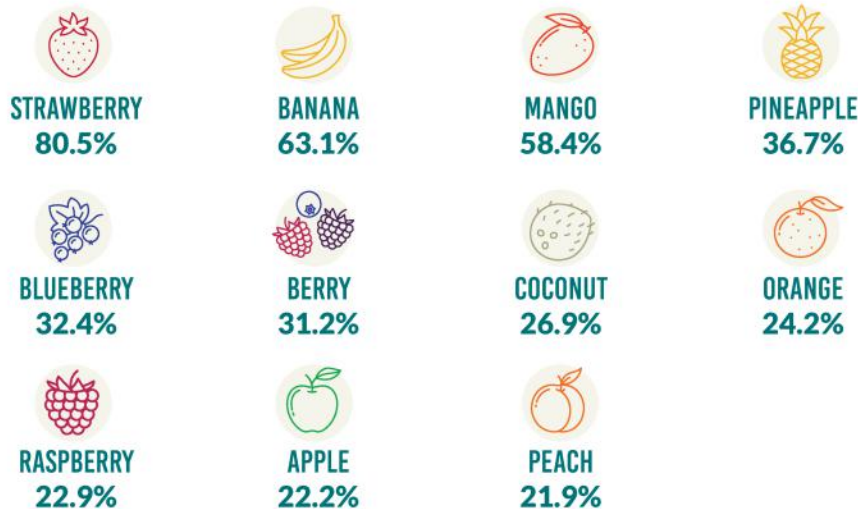
**Strawberry Bits & Pieces**  
100-71202-17923-5





## Top Smoothie Flavors

### INGREDIENT & MENU PENETRATION



## Move towards zero fruit loss from Dole farms to markets by 2025.

We are moving towards zero fruit loss from Dole farms to customers by 2025. Fruit loss and waste contribute to climate change and greenhouse gas emissions. Diverting fruit waste from landfills is good for the planet and for people as we repurpose fruit into new uses. This allows farmers to get more money for fruit that may have otherwise been wasted.

**Avocado & Mango Smoothie Bowl**

PAGE 54

**Avocado Toast Smoothie Bowl**

PAGE 55

**Avocado Matcha Smoothie with Pineapple Coconut Foam**

PAGE 56

**Banana Tahini Milkshake**

PAGE 58

**Dragon Fruit Smoothie Bowl**

PAGE 59

**Floral Fuchsia Smoothie**

PAGE 60

**Pineapple Avocado Smoothie**

PAGE 61

**Pink Pineapple Smoothie**

PAGE 62

**Pineapple Peach Smoothie**

PAGE 63

**Spiced Mango Lassi Smoothie**

PAGE 64



# AVOCADO & MANGO SMOOTHIE BOWL

*A tropical blend of banana, mango and avocado topped with desiccated coconut, chia seeds and ripe mango pieces.*

**Time: 10 minutes**

**Serves: 1**

## **INGREDIENTS:**

**1 cup DOLE® Smoothie Cuts  
Diced Avocado**, frozen

**¼ cup DOLE Smoothie Cuts  
Mango Bits and Pieces**, thawed

**½ cup DOLE Chef-Ready Cuts  
Sliced Bananas**, frozen

1 cup almond milk

1 tablespoon lime juice

## *Garnish:*

2 tablespoons desiccated coconut,  
shredded

1 tablespoon chia seeds, *optional*

**¼ cup DOLE Smoothie Cuts  
Mango Bits and Pieces**, thawed

## **1. PREPARE THE SMOOTHIE:**

- In a blender, combine the ingredients and blend until smooth.

## **SERVE:**

- Pour base into a bowl and top with garnish ingredients.



# AVOCADO TOAST SMOOTHIE BOWL

A savory avocado smoothie bowl topped with crispy croutons and fresh parsley.

**Time: 10 minutes**

**Serves: 1**

## INGREDIENTS:

**1 cup DOLE® Smoothie Cuts  
Diced Avocado, frozen**

**¼ cup DOLE Smoothie Cuts  
Mango Bits and Pieces, thawed**

**½ cup DOLE Chef-Ready Cuts  
Sliced Bananas, frozen**

1 cup almond milk

1 tablespoon lime juice

## Garnish:

2 tablespoons desiccated coconut,  
shredded

1 tablespoon chia seeds, *optional*

**¼ cup DOLE Smoothie Cuts  
Mango Bits and Pieces, thawed**

## 1. PREPARE THE SMOOTHIE:

- In a blender add avocado, salt, pepper, garlic, red onion, olive oil, pepper flakes, yogurt and juice. Blend until smooth.

## SERVE:

- Pour in bowl and add croutons around edge. Garnish with parsley.



# AVOCADO MATCHA SMOOTHIE WITH PINEAPPLE COCONUT FOAM

*A rich and creamy avocado smoothie topped with light and flavorful pineapple coconut foam.*



**Time: 10 minutes**

**Serves: 1**

**INGREDIENTS:**

**1 (6 ounce) DOLE Canned  
100% Pineapple Juice**

¼ teaspoon xanthan gum

½ cup sweetened coconut milk

**1 cup DOLE® Chef-Ready Cuts  
Sliced Bananas,**  
partially thawed

¼ teaspoon matcha powder

**½ cup DOLE Chef-Ready Cuts  
Diced Avocado,** frozen

¾ cup vanilla coconut milk  
yogurt or preferred vanilla  
non-dairy yogurt

½ cup sweetened coconut milk  
or preferred non-dairy milk

Toasted coconut, *to garnish*

## 1. PREPARE THE PINEAPPLE COCONUT FOAM:

- In the bowl of a blender add the pineapple juice and lightly sprinkle in half of the xanthan gum. Blend until incorporated.
- Add the coconut milk and the rest of the xanthan gum blend until completely incorporated and foamy. The foam should have a very light and cloudy texture, if the mixture is too thick add more pineapple juice to thin the mixture out. Reserve for later use.



**Chef Tip:** *If it is not to a desired thickness, carefully add small amounts of xanthan gum in increments while blending until desired texture is achieved.*

## 2. PREPARE THE SMOOTHIE:

- In a blender add the matcha, avocado, and yogurt. Blend until smooth.
- Add milk a bit at a time blending constantly to assure that the matcha has been incorporated and the smoothie has reached the desired texture.
- Taste, adjust sweetness to personal preference.

## SERVE:

- Pour the smoothie into a glass and top with a layer of the reserved pineapple coconut foam and a sprinkling of toasted coconut. Serve chilled.



# BANANA TAHINI MILKSHAKE

*A refreshing and fruity combination of sliced bananas, coconut milk, tahini and dates.*

**Time: 5 minutes**

**Serves: 2**

## **INGREDIENTS:**

**1 cup DOLE® Chef-Ready Cuts  
Sliced Bananas**, partially thawed

1 cup coconut milk

¼ cup tahini

¼ cup medjool dates,  
pitted and roughly chopped

1 cup crushed ice

Toasted white and black sesame seeds,  
*for garnish*

## **1. PREPARE THE SMOOTHIE:**

- Combine everything in a blender and blend until smooth, adding more coconut milk if consistency is too thick.

## **SERVE:**

- Portion into cups and garnish with toasted white and black sesame seeds.



# DRAGON FRUIT SMOOTHIE BOWL

*A new smoothie bowl full of delicious fruit flavor with gorgeous color.*

**Time: 10 minutes**

**Serves: 1**

## **INGREDIENTS:**

**1 cup DOLE® Smoothie Cuts IQF Dragon Fruit**

**¼ cup DOLE Smoothie Cuts IQF Mango Bits & Pieces**

**¼ cup DOLE Smoothie Cuts IQF Raspberry Crumbles**

**¼ cup DOLE Smoothie Cuts IQF Sliced Bananas,**  
partially thawed & divided

**1 cup almond milk**

**1 tablespoon lime juice**

**¼ cup ice**

**2 tablespoons sliced almonds**

**1 tablespoon chia seeds**

**¼ cup granola**

## **1. PREPARE THE SMOOTHIE:**

- In a blender, combine the dragon fruit, mango, raspberries, ½ cup bananas, almond milk, lime juice and ice and blend until smooth.

## **SERVE:**

- In a serving bowl pour the smoothie base and top with sliced almonds, chia seeds, granola and ¼ cup banana slices. Serve immediately.



# FLORAL FUCHSIA SMOOTHIE

*A showstopping smoothie topped with diced dragon fruit.*

**Time: 5 minutes**

**Serves: 8**

## **INGREDIENTS:**

**1 cup DOLE® Chef-Ready Cuts Diced Dragon Fruit, frozen**

**½ cup DOLE Chef-Ready Frozen Mango Purée, thawed**

**1 cup vanilla yogurt**

**½ cup DOLE Canned 100% Pineapple Juice**

## **1. PREPARE THE SMOOTHIE:**

- Place all the ingredients together into a blender and blend on high speed until thick and smooth.
- Adjust consistency with pineapple juice if needed.

## **SERVE:**

- Garnish with diced dragon fruit, if desired. Serve chilled.





# PINEAPPLE AVOCADO SMOOTHIE

*A refreshing tropical take on an avocado smoothie.*

**Time: 5 minutes**

**Serves: 1**

## **INGREDIENTS:**

**½ cup DOLE® Smoothie Cuts  
Pineapple Tidbits**

**½ cup DOLE Smoothie Cuts  
Diced Avocado**

1 tablespoon lime juice, fresh

1½ cups coconut milk

1 tablespoon agave nectar

Ice cubes, as needed

## **1. PREPARE THE SMOOTHIE:**

- Add pineapple, avocado, lime juice, coconut milk and agave into a blender and purée on high speed until smooth.



**Chef Tip:** *If a thinner smoothie is desired, add more coconut milk. If a thicker slushy consistency is desired, add more ice cubes or frozen pineapple to achieve the desired texture.*

## **SERVE:**

- Pour into glass and garnish, if desired. Serve immediately.



# PINK PINEAPPLE SMOOTHIE

A tart and tangy tropical treat that's also dairy-free.

Time: 5 minutes

Serves: 2

## INGREDIENTS:

- 1 cup DOLE® Smoothie Cuts Pineapple Tidbits, frozen
- ½ cup DOLE Canned 100% Pineapple Juice
- ½ cup almond milk
- ½ cup DOLE Chef-Ready Cuts Diced Dragon Fruit, frozen
- 1 cup ice
- Dried coconut strips, for garnish

## 1. PREPARE THE SMOOTHIE:

- Put all ingredients into blender and blend on medium for 1 minute.

## SERVE:

- Pour into 2 glasses and serve with a straw and coconut strip and extra diced dragon fruit for garnish.





# PINEAPPLE PEACH SMOOTHIE

*A refreshing fruit smoothie  
with a hint of spice.*

**Time: 5 minutes**

**Serves: 1**

## **INGREDIENTS:**

**1 cup DOLE® 100% Pineapple Juice**

**1 cup DOLE Smoothie Cuts  
Diced Peaches**

¼ cup vanilla almond milk

Ground nutmeg, dash

## **1. PREPARE THE SMOOTHIE:**

- Combine pineapple juice, peaches, almond milk and nutmeg in blender or food processor container. Cover; blend until thick and smooth.

## **SERVE:**

- Pour into glass and garnish, if desired. Serve immediately.

# SPICED MANGO LASSI SMOOTHIE

*A luscious mango smoothie with a hint of ginger and turmeric.*

**Time: 5 minutes**

**Serves: 1**

## INGREDIENTS:

**1½ cups DOLE® Smoothie Cuts  
Mango Bits & Pieces**

**¾ cup plain lowfat yogurt**

**¼ teaspoon ground turmeric**

**¼ teaspoon ginger, freshly grated  
or ginger paste**

**⅔ cup water**

**1 tablespoon agave nectar**

## 1. PREPARE THE SMOOTHIE:

- Combine mango, yogurt, turmeric, ginger, water and agave nectar in blender. Cover; blend until smooth.

## SERVE:

- Pour into glass and garnish, if desired. Serve immediately.



**Chef Tip:** Garnish top of smoothie with pieces of mango for added interest.







