



CREATE YOUR OWN RESTAURANT: PRINTABLE RECIPE & CRITIC CARDS

Being creative in the kitchen can lead to all sorts of delicious discoveries! Keep your cuisine creations organized with these printable recipe cards and have fun playing food critic with the included Recipe Critique cards. Put them all together for a sweet DIY gift that can be passed down for generations to come.

- 1 Print out your recipe and critique cards
- 2 Cut out the cover page, back cover (page 2), recipe cards and critique cards separately
- 3 Place your pages in order behind the cover page (recipe card then critique card and repeat followed by back cover page)
- 4 Staple or hole punch and tie together your cookbook
- 5 Personalize with your favorite recipes to cook and critique

A Collection of Recipes
BY CHEF: _____

Recipe

INGREDIENTS: _____

INSTRUCTIONS: _____

From the Kitchen of: _____

Recipe Critique Card

I COOKED THIS FOR: _____

I MADE THIS WITH: _____

RECIPE DIFFICULTY: EASY MEDIUM HARD

RATE THIS RECIPE'S TASTE:

I WOULD MAKE THIS AGAIN: YES NO

MY FINISHED RECIPE LOOKED LIKE: _____

YEAR: _____



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MY FINISHED RECIPE LOOKED LIKE:



RECIPE INSPIRATION FROM DOLE

Famous Remy Ratatouille Omelet

INGREDIENTS:

- 6 large egg whites
- 5 large eggs
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 2 cups ratatouille (from Rustic Ratatouille recipe)
- Gluten free nonstick cooking spray
- 1/4 cup fat free feta cheese
- 2 teaspoons chopped fresh chives

DIRECTIONS:

1. **Whisk** egg whites, eggs, salt and pepper in a large bowl. Makes about 2 cups.
2. **Heat** ratatouille in a small saucepan over medium heat 3 minutes or until heated through, stirring occasionally.
3. **Heat** a small nonstick skillet over medium heat; spray with nonstick cooking spray. Add ½ cup egg mixture; cook 1 minute or until eggs begin to set. Lift edges of omelet with rubber spatula as it cooks, allowing uncooked eggs to run underneath; cook 2 minutes or until eggs are set. Add ½ cup ratatouille and 1 tablespoon cheese down center of omelet; fold 1 side of omelet towards center over ratatouille, then tilt pan to roll omelet, seam side down, onto plate. Repeat 3 times with nonstick cooking spray, and remaining egg mixture, ratatouille and cheese to make 3 additional omelets. Makes 4 omelets.
4. **Serve** omelets garnished with chives.





RECIPE INSPIRATION FROM DOLE

Anyone Can Cook Coq Au Vin

INGREDIENTS:

- 2 tablespoons natural buttery spread with olive oil
- 1½ pounds boneless, skinless chicken breasts
- 3 stalks DOLE® Celery, chopped
- 2 medium DOLE® Carrots, chopped
- 1 medium DOLE® White Onion, chopped
- 2 garlic cloves, minced
- 3 tablespoons tomato paste
- 1 DOLE® Lemon, juiced (about ¼ cup)
- 2 cups less-sodium chicken broth
- 1/2 cup 100% red grape juice
- 2 teaspoons chopped fresh thyme plus additional for garnish (optional)
- 1 teaspoon chopped fresh rosemary
- 3/4 teaspoon kosher salt
- 2 cups quartered DOLE® Mushrooms
- 1 tablespoon all-purpose flour

DIRECTIONS:

1. **Heat** 1 tablespoon buttery spread in a large enamel-coated Dutch oven over medium-high heat; add chicken and cook 6 minutes or until browned, turning once. Transfer chicken to a plate.
2. **Add** celery, carrots and onion; cook 6 minutes or until vegetables are tender, stirring occasionally. Add garlic; cook 30 seconds, stirring frequently. Add tomato paste; cook 30 seconds, stirring constantly. Add lemon juice, broth, grape juice, thyme, rosemary, salt and pepper to deglaze the Dutch oven; heat to a simmer, scraping browned bits from bottom of Dutch oven with a wooden spoon. Reduce heat to low; add chicken, cover and cook 20 minutes or until internal temperature of chicken reaches 165°F and vegetables are tender.
3. **Stir** in mushrooms; cover and cook 15 minutes or until mushrooms are tender. Transfer chicken to plate; cover to keep warm.
4. **Whisk** flour and remaining 1 tablespoon buttery spread in a small bowl; stir into Dutch oven. Increase heat to medium; cook 10 minutes or until thickened, stirring occasionally. Cut chicken into large pieces; add chicken to Dutch oven and cook 3 minutes or until heated through. Makes about 8 cups.
5. **Serve** Coq au Vin garnished with thyme, if desired.

