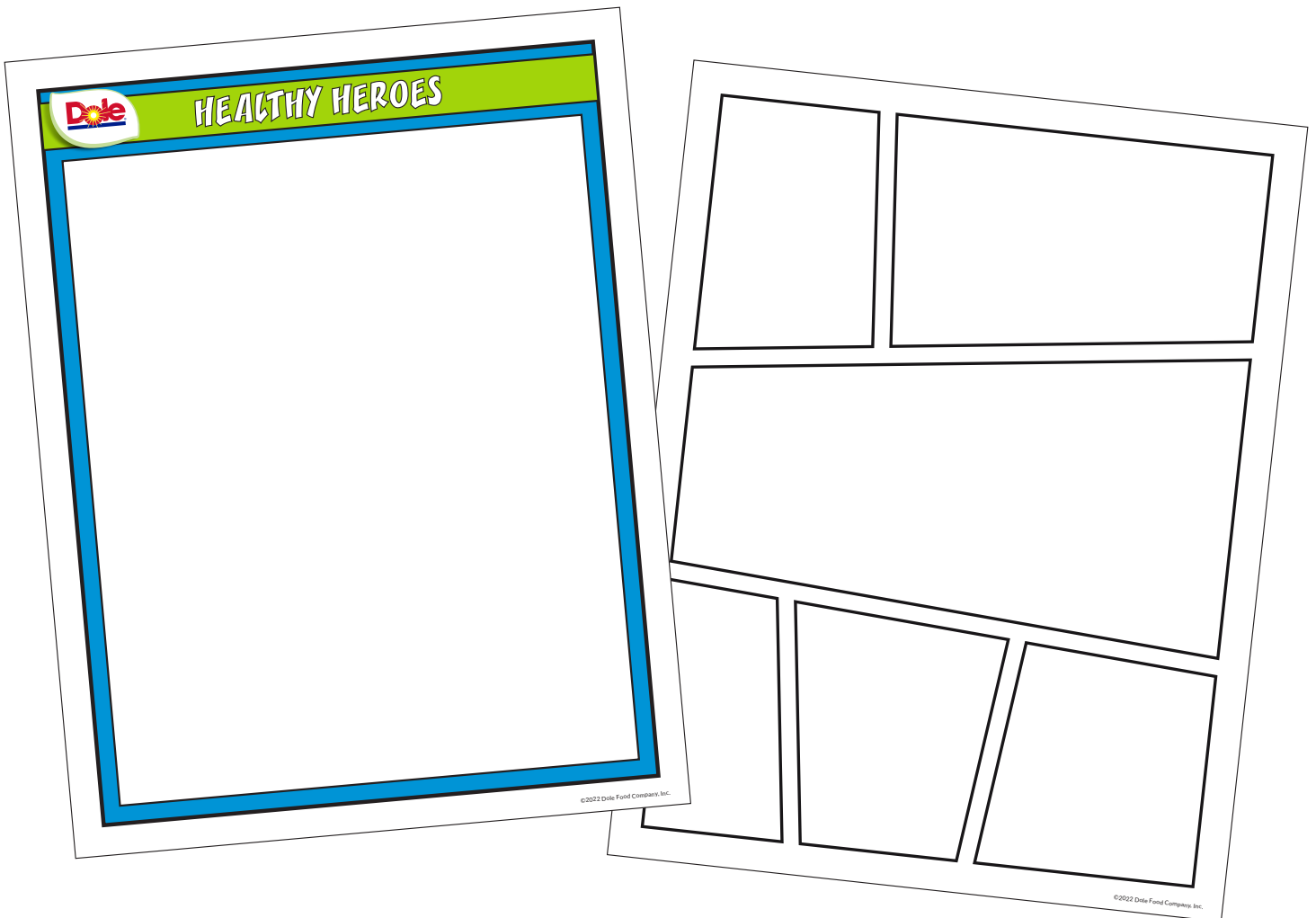




CREATE YOUR OWN DOLE HEALTHY HERO COMIC

With great fresh fruit and veggies comes great nutrition! Join our Dole Healthy Hero squad by creating your very own Dole Healthy Hero Comic. Just **print, draw, and color** to be ready to share your super stories with family and friends!

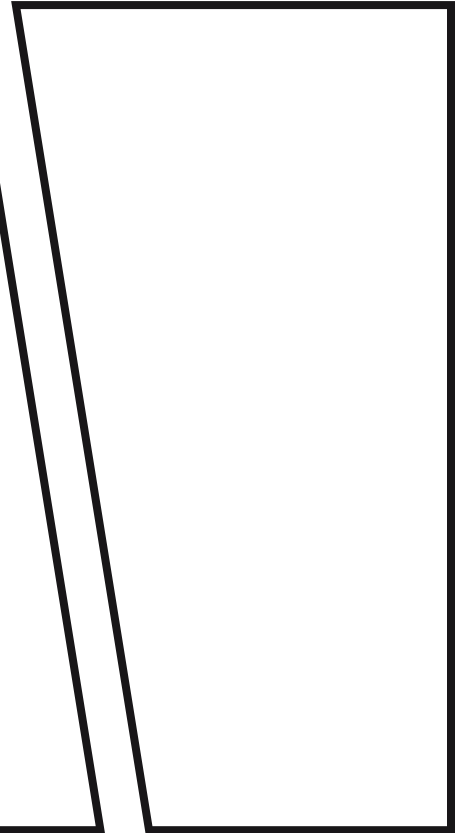
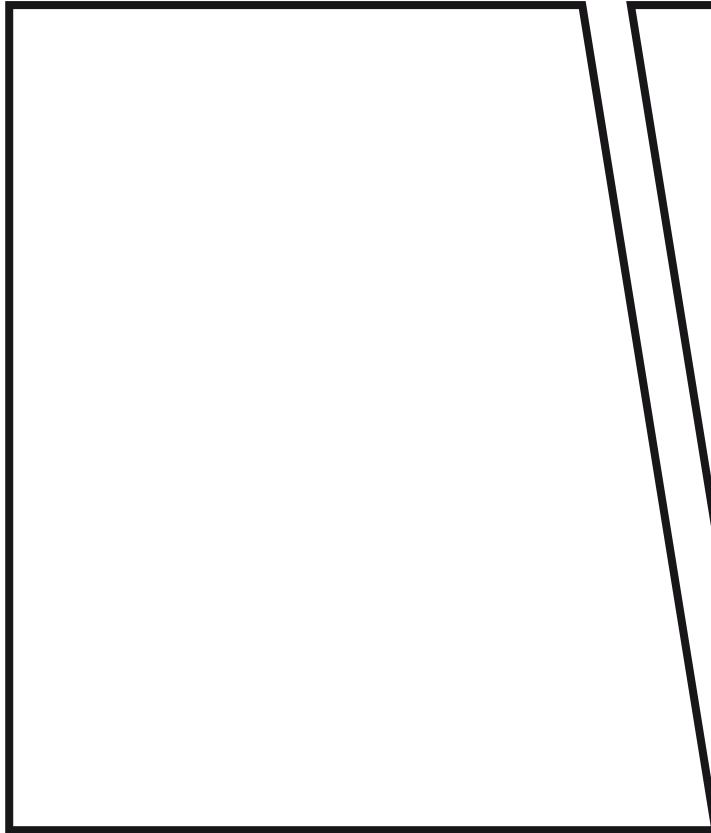
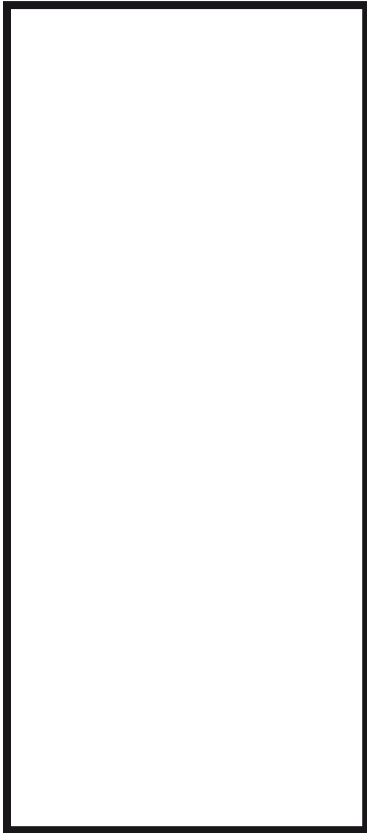
- 1 Print out the Dole Healthy Hero comic template
- 2 Draw and color as desired
- 3 Share your comic with friends and family!

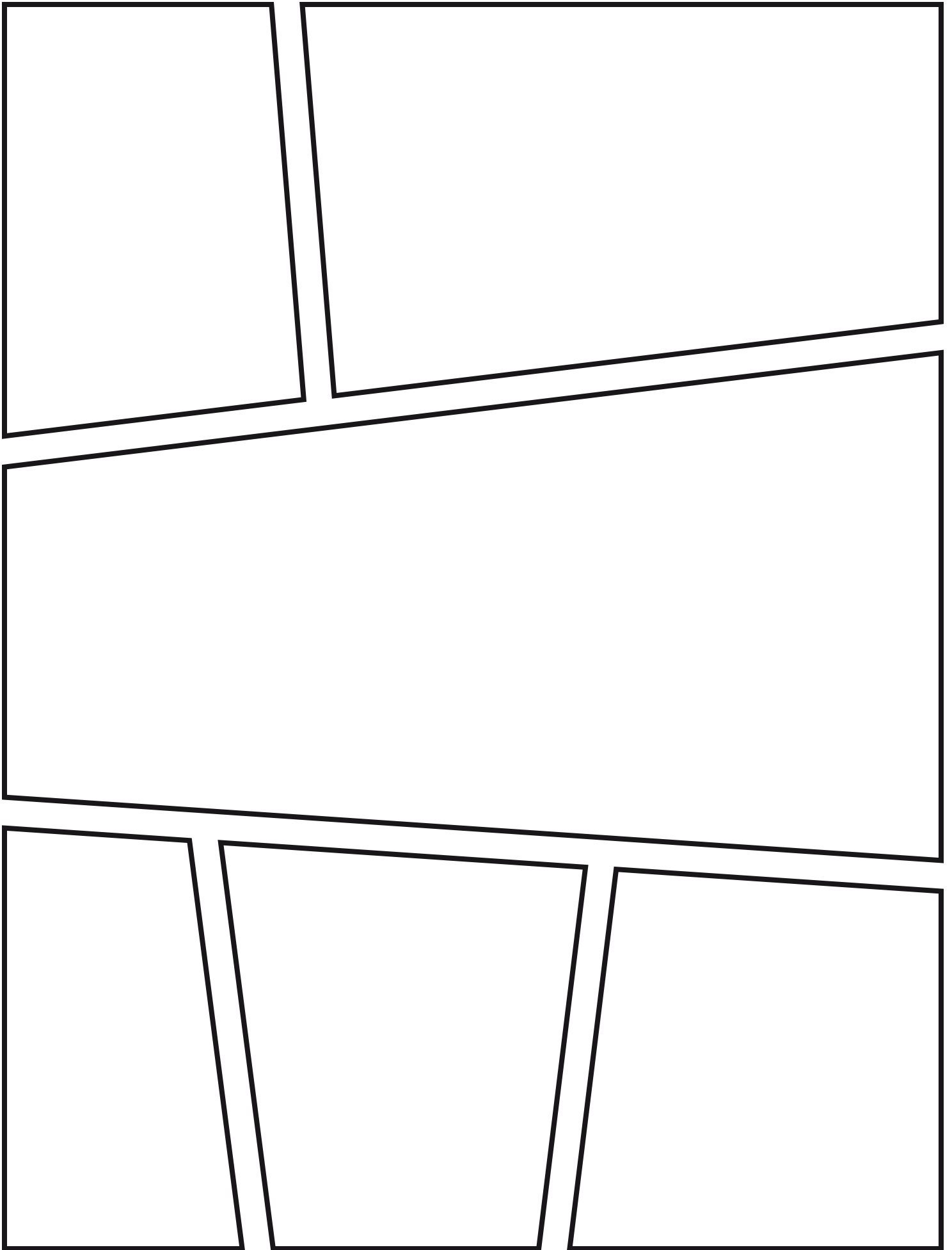


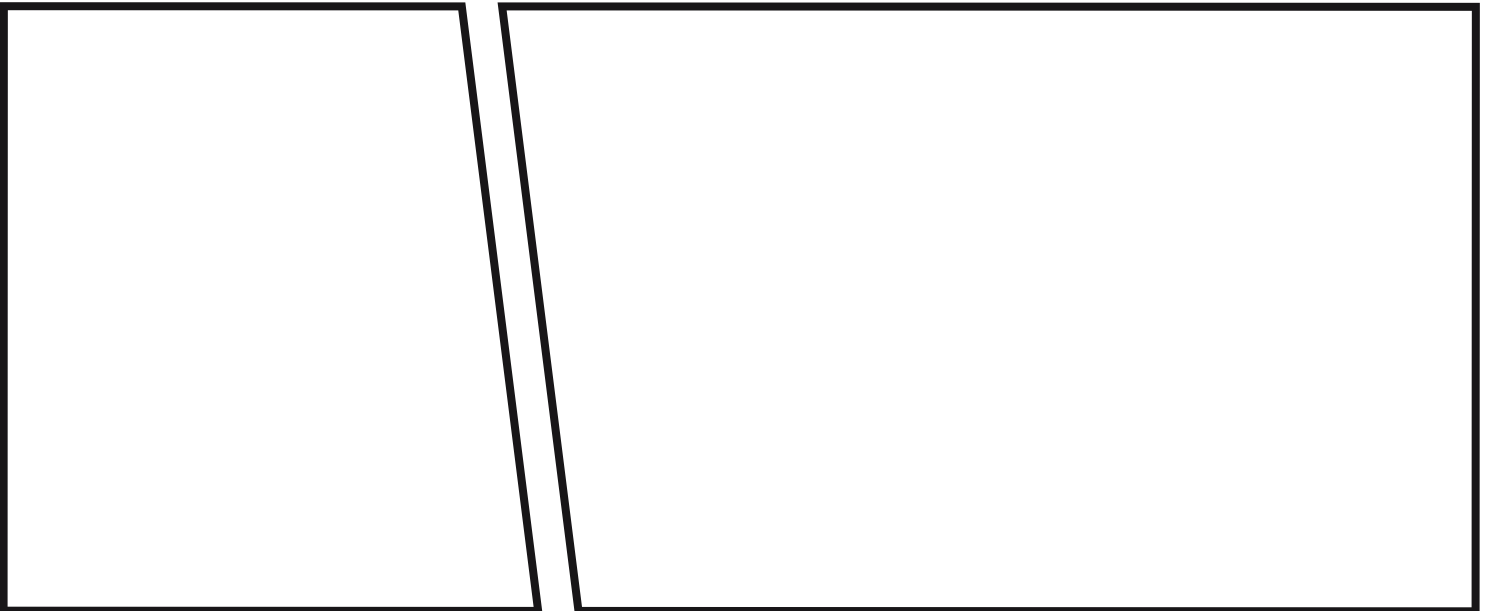
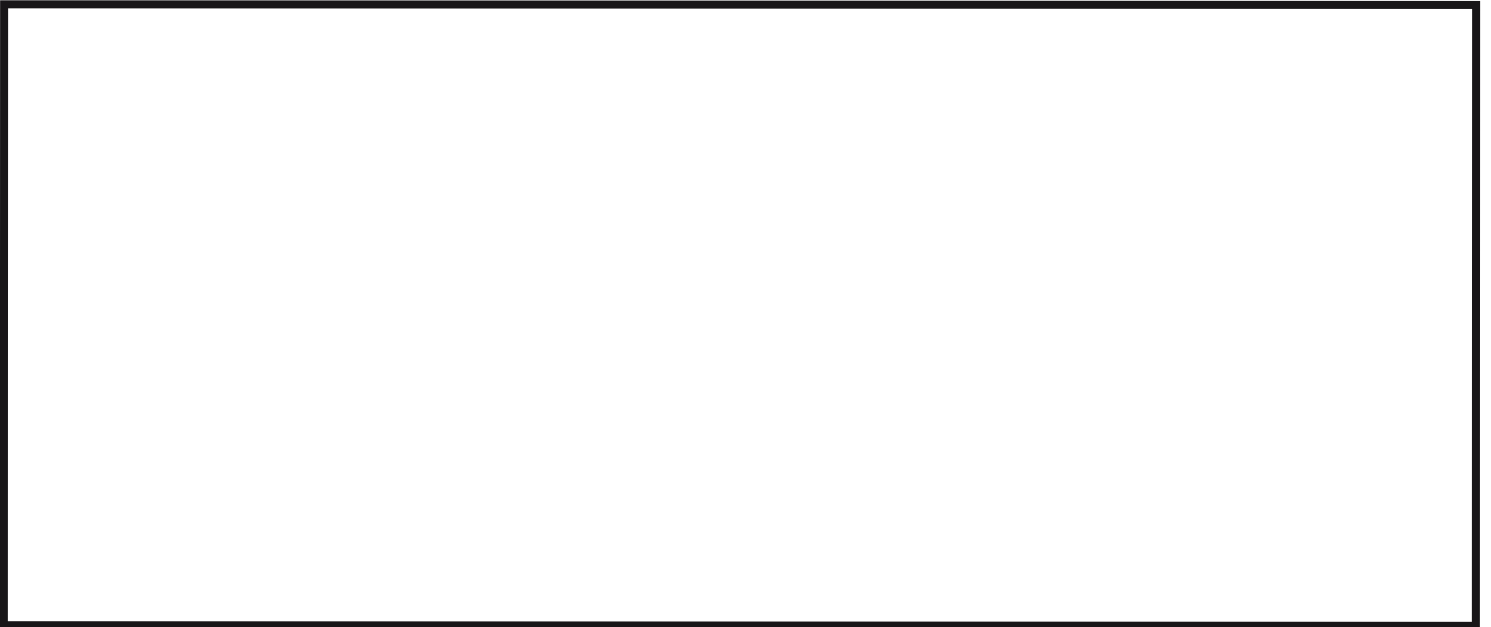
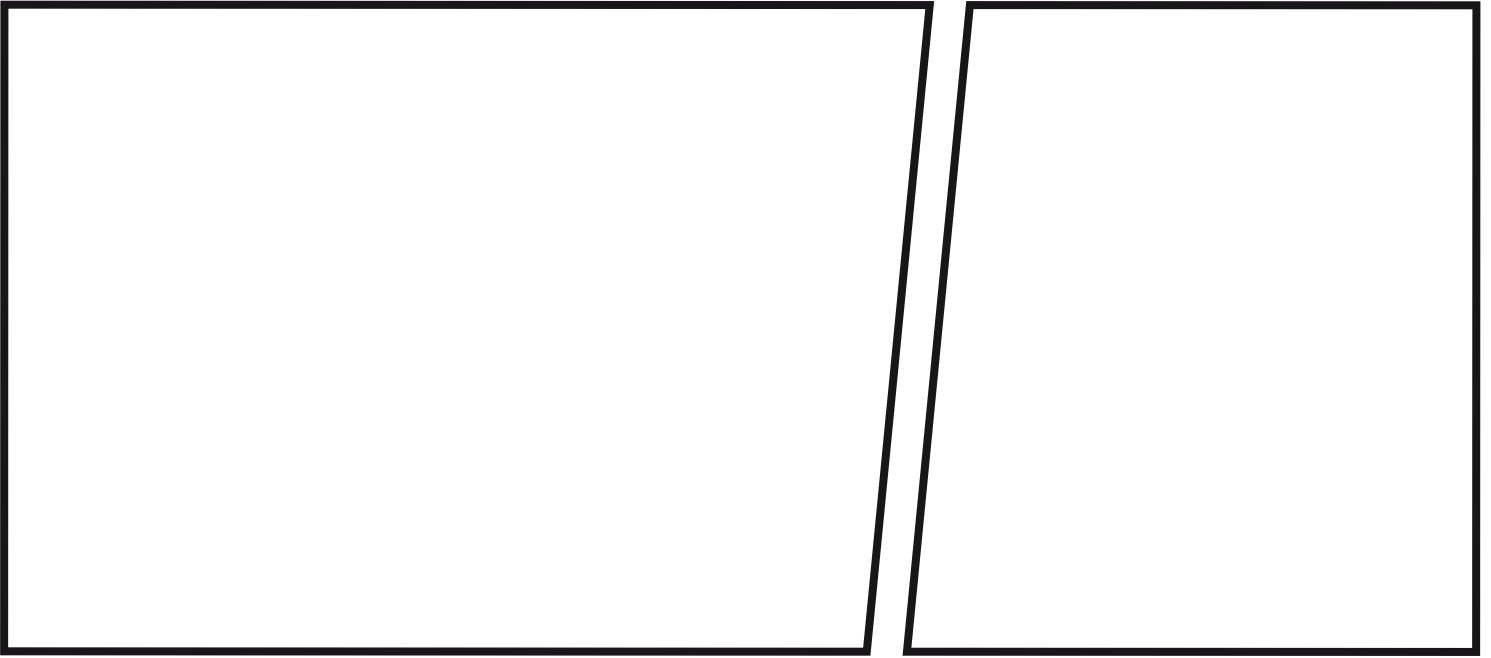


HEALTHY HEROES

A large, empty rectangular area with a white background, framed by a thick blue border. This area is intended for drawing or writing.









RECIPE INSPIRATION FROM DOLE

Spidey-Sense Veggie Pizzas

INGREDIENTS:

- 4 100% whole wheat sandwich thin rolls, split lengthwise
- 3/4 cup marinara sauce
- 2 DOLE® Green Onions, thinly sliced
- 1/2 cup shredded low-moisture part-skim mozzarella cheese
- 1/2 cup small DOLE® Broccoli florets
- 1/4 cup DOLE® Shredded Carrots
- 1/4 cup finely chopped red bell pepper
- 1/4 cup packed DOLE® Baby Arugula

DIRECTIONS:

1. **Preheat** broiler to low. Spread cut sides of rolls with sauce; top with onions, cheese, broccoli, carrots, pepper and arugula. Place pizzas on a rimmed baking pan.
2. **Broil** pizzas 7 minutes or until lightly browned and cheese melts. Makes 8 pizzas.

Allergens: Milk, Wheat, Soy

