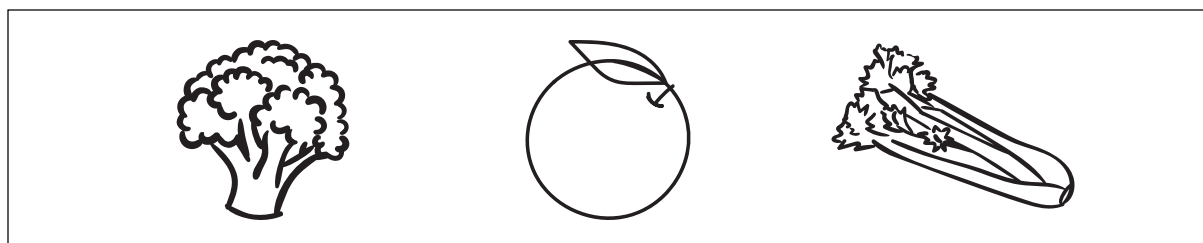
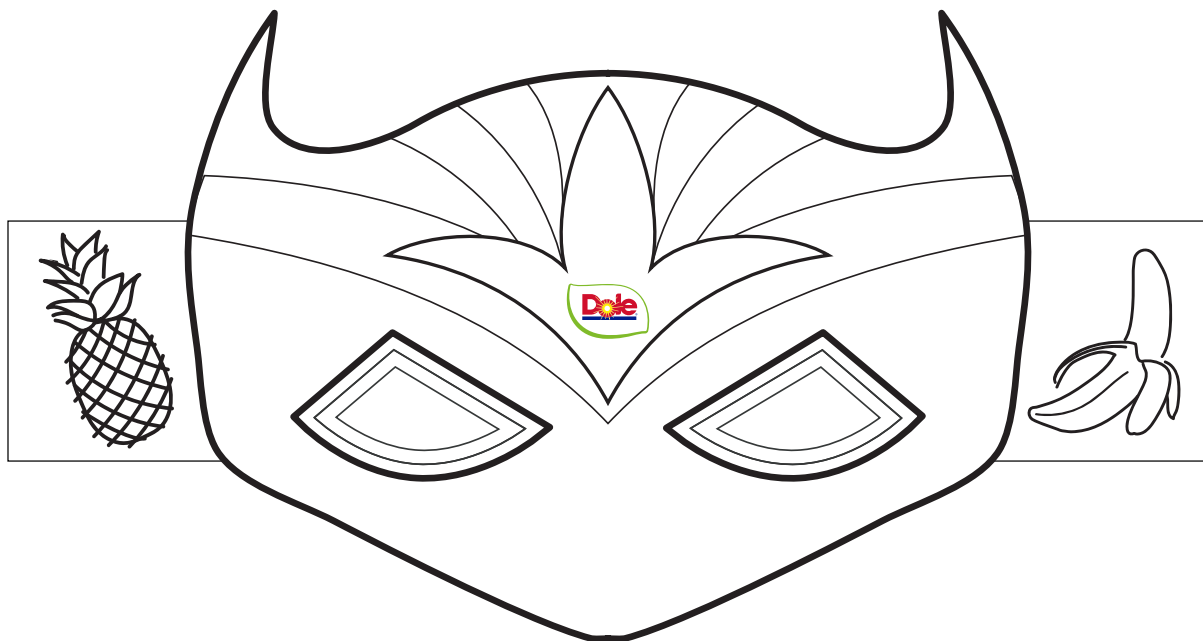




CREATE YOUR OWN HERO: DOLE HEALTHY HERO MASK

With great fresh fruit and veggies comes great nutrition! Join our Dole Healthy Hero squad by creating your very own Dole Healthy Hero Mask. Just **print, color, cut and fit** to be ready to share your super powers within the kitchen and beyond!

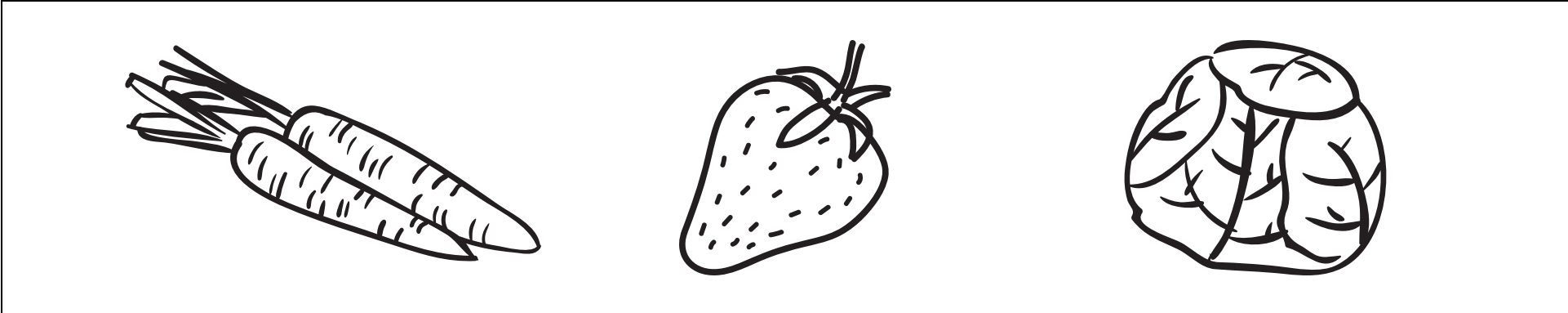
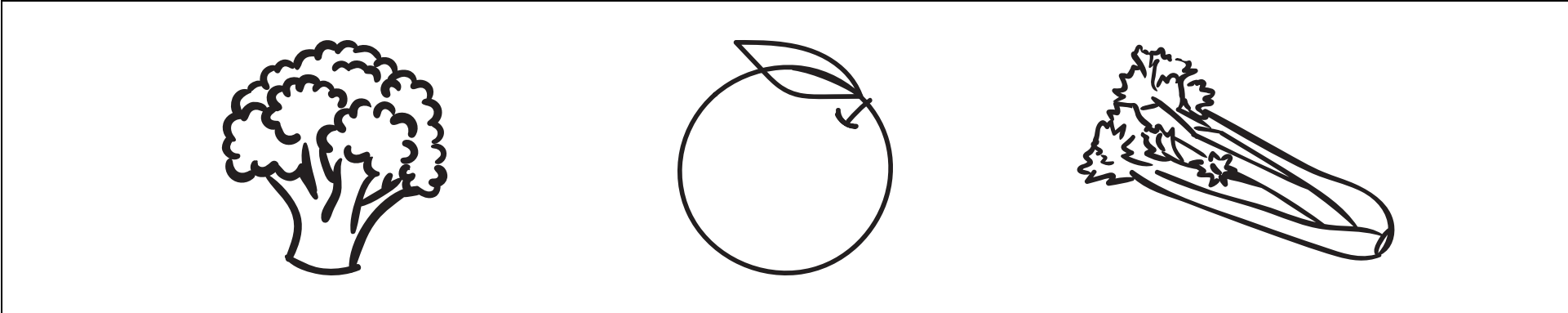
- 1 Print out the Dole Healthy Hero Mask
- 2 Color and decorate as desired
- 3 Cut out the Dole Healthy Hero Mask and sizing strap
- 4 Tape or staple the sizing strap to the hero mask and fit to your child's head
- 5 If needed, add the provided extra sizing strap for fitting



DOLE HEALTHY HERO MASK



DOLE HEALTHY HERO MASK SIZING STRAPS





RECIPE INSPIRATION FROM DOLE

Scarlet Magic Vegan Paprikash

INGREDIENTS:

- 3/4 cup raw cashews, soaked in hot water 1 hour & drained
- 1-1/2 cups low sodium vegetable broth
- 1-1/2 tablespoons natural buttery spread with olive oil
- DOLE® Yellow Onion, chopped
- 1 medium red bell pepper, chopped
- 1 pound DOLE® Mushrooms, quartered
- 3 garlic cloves, minced
- 1-1/2 teaspoons paprika
- 2 cups packed DOLE Baby Spinach
- 1 can (14.5 ounces) diced fire-roasted tomatoes
- 1/2 DOLE® Lemon, juiced (about 2 tablespoons)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 package (8.8 ounces) microwavable whole-grain brown rice
- Sriracha chili sauce for serving (optional)

DIRECTIONS:

1. **Purée** cashews and ½ cup broth in a blender on high until smooth.
2. **Melt** buttery spread in a large saucepot over medium-high heat. Add onion and bell pepper; cook 5 minutes or until tender-crisp, stirring occasionally. Add mushrooms; cook 5 minutes or until tender, stirring occasionally. Add garlic and paprika; cook 1 minute or until fragrant, stirring frequently. Add spinach; cook 2 minutes or until wilted, stirring occasionally. Add tomatoes with their juice, lemon juice, salt, black pepper, cashew mixture and remaining 1 cup broth; heat to a simmer. Reduce heat to medium-low; cover and cook 10 minutes or until thickened, stirring occasionally. Makes about 6 cups.
3. **Prepare** rice as label directs. Serve paprikash with rice and sriracha, if desired.

Allergens: Tree Nuts

