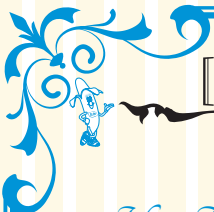
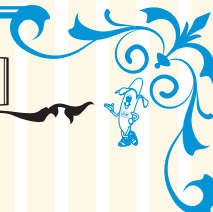




# CREATE YOUR OWN RESTAURANT: PRINTABLE CAFÉ MENU

Transform any kitchen into a Cafe with this printable menu! Make cooking at home even more exciting by naming your cafe and customizing the different menu areas with your own cuisine creations or use one of ours. *Just print, create and serve!*

 [ <span style="font-size: 2em;"> </span> ]  CAFÉ & BISTRO	
<i>Hors D'oeuvres</i> appetizers	<i>Accompagnement</i> side dishes
<i>Le Plat Principal</i> main dish	<i>Le Dessert</i> dessert
<i>La Boisson</i> drinks	

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CAFÉ & BISTRO

*Hors D'oeuvres*  
appetizers

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*Accompagnement*  
side dishes

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*Le Plat Principal*  
main dish

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*Le Dessert*  
dessert

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*La Boisson*  
drinks

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# RECIPE INSPIRATION FROM DOLE

## Critic's Choice Rustic Ratatouille

### INGREDIENTS:

- 1 tablespoon olive oil
- 2 medium green and/or red bell peppers, cut into 2-inch pieces
- 1½ medium DOLE® Red Onions, coarsely chopped
- 1 medium eggplant, cut into 2-inch pieces
- 1 medium zucchini, cut into 2-inch pieces
- 3 cups DOLE® Cauliflower florets
- 2 cups DOLE® Broccoli florets
- 3 garlic cloves, minced
- 2 teaspoons chopped fresh thyme plus additional sprigs for garnish
- 1 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 1 can (28 ounces) whole peeled tomatoes, juice reserved and tomatoes quartered
- 1½ DOLE® Lemons, juiced (about 6 tablespoons)
- 2 cups whole wheat pearl couscous
- 1 cup DOLE® Baby Arugula

### DIRECTIONS:

1. **Heat** oil in a large enamel-coated Dutch oven over medium-high heat. Add bell peppers and onion; cook 7 minutes or until tender, stirring occasionally. Add eggplant, zucchini, cauliflower and broccoli; cook 10 minutes or until starting to brown, stirring occasionally. Add garlic, thyme, ¾ teaspoon salt and crushed red pepper; cook 30 seconds, stirring occasionally. Add tomatoes with their juice and lemon juice; heat to a simmer. Reduce heat to medium-low; cover and cook 30 minutes or until vegetables are very tender.
2. **Prepare** couscous as label directs. Makes about 5 cups.
3. **Stir** arugula into ratatouille; remove from heat. Makes about 8 cups.
4. **Reserve** 2 cups ratatouille; stir ¼ teaspoon salt into Dutch oven with remaining ratatouille and serve over couscous garnished with thyme sprigs, if desired. Refrigerate reserved 2 cups ratatouille in an airtight container up to 2 days; use in the Ratatouille Omelet recipe.





# RECIPE INSPIRATION FROM DOLE

## Parisienne Snapper en Papillote

### INGREDIENTS:

- 2 medium DOLE® Carrots, chopped
- 1 DOLE® Lemon, juiced (about ¼ cup)
- 1 garlic clove, minced
- 1 small fennel bulb, fennel fronds reserved for garnish, bulb thinly sliced
- 2 cups DOLE® Cauliflower florets
- 2 cups quartered DOLE® Mushrooms
- 2 tablespoons chopped fresh Italian parsley
- 2 tablespoons drained and rinsed capers
- 1½ tablespoons olive oil
- ¼ teaspoon crushed red pepper flakes (optional)
- 4 skinless red snapper fillets (about 1¼ pounds)
- ½ teaspoon salt
- ½ teaspoon ground black pepper

### DIRECTIONS:

1. **Preheat** oven to 375°F; cut 4 (18 x 12-inch) sheets parchment paper.
2. **Toss** carrots, lemon juice, garlic, fennel, cauliflower, mushrooms, parsley, capers, 2½ teaspoons oil and crushed red pepper, if desired, in a large bowl. Makes about 4 cups.
3. **Place** 1 parchment sheet lengthwise on work surface; on right half of sheet, layer 1 cup vegetable mixture and 1 snapper fillet. Brush snapper with ½ teaspoon oil; sprinkle with ¼ teaspoon each salt and black pepper. Fold left side of parchment sheet over snapper and vegetable mixture; fold edges several times to seal tightly. Repeat to make 3 more packets.
4. **Place** packets on rimmed baking pan; bake 25 minutes or until internal temperature of snapper reaches 145°F. With kitchen scissors, cut an X in top of packets, then carefully pull back parchment to release steam; sprinkle snapper with fennel fronds.

