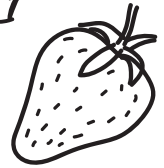


# THIS SEAT IS RESERVED FOR:



Draw what Remy and Linguini from Disney and Pixar's *Ratatouille* have cooked for you!



### FRUITS:

- Banana
- Pineapple
- Blueberries

### PROTEIN:

- Chicken
- Fish
- Turkey



### WORD SCRAMBLE!

AANBAN \_\_\_\_\_

ELTUTCE \_\_\_\_\_

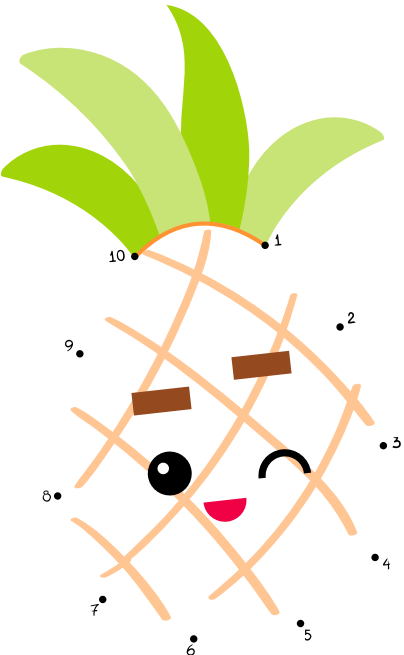
PAPLPNEIE \_\_\_\_\_

CTAROR \_\_\_\_\_

TIRUF \_\_\_\_\_

GEVEABLTE \_\_\_\_\_

Key: Pineapple, Fruit, Lettuce, Banana, Vegetable, Carrot



### VEGGIES:

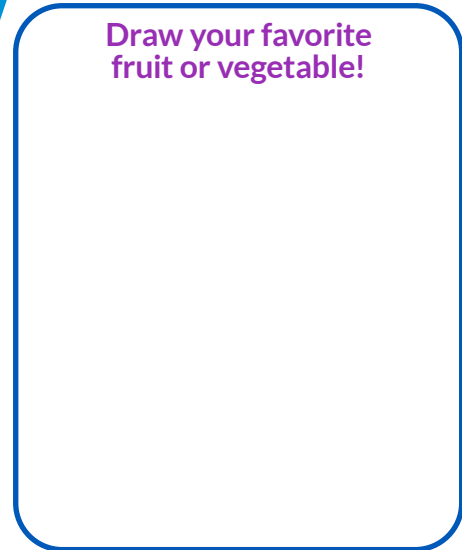
- Broccoli
- Carrots
- Celery

### CARBOHYDRATES:

- Brown Rice
- Whole-Wheat Pasta
- Potato

### FUN FACTS!

- Banana peels make a great organic fertilizer
- Broccoli is a good source of fiber
- Celery can grow as tall as 3.3 feet
- Pineapples are an excellent source of Vitamin C





# RECIPE INSPIRATION FROM DOLE

## Plantain Chocolate Mousse

### INGREDIENTS:

- 1 package (12 ounces) silken tofu
- 1 black DOLE® Plantain, peeled (about 6½ ounces)
- 3 tablespoons honey
- 3 tablespoons unsweetened cocoa powder
- 1 kiwi, peeled and chopped
- 1/2 cup finely chopped DOLE® Pineapple
- 1/3 cup DOLE® Raspberries
- 1 tablespoon chopped unsalted roasted cashews
- 1 tablespoon toasted coconut chips

### DIRECTIONS:

1. **Purée** tofu, plantain, honey and cocoa powder in a food processor on high 1 minute or until smooth; cover and refrigerate overnight. Makes about 3 cups.
2. **Transfer** plantain mixture to a small zip-top plastic bag; snip bottom corner with kitchen scissors. Pipe ½ the plantain mixture into the bottom of 8 dessert dishes; top with kiwi, pineapple, remaining plantain mixture, raspberries, cashews and coconut chips. Makes 8 desserts.





# RECIPE INSPIRATION FROM DOLE

## Little Chef Potato-Leek Soup

### INGREDIENTS:

- 2 tablespoons olive oil
- 1 large leek, halved lengthwise and thinly sliced
- 2 cups small DOLE® Cauliflower florets
- 1/2 cup chopped DOLE® Carrots
- 1/2 cup chopped DOLE® Celery
- 1 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper plus additional for garnish (optional)
- 1 large DOLE® Potato, peeled and cut into ½-inch cubes
- 1 cup unsalted vegetable stock
- 3 cups gluten free and soy free oat milk
- 2 tablespoons finely chopped fresh Italian parsley plus additional for garnish (optional)
- 1 tablespoon fresh lemon juice (from 1 DOLE® Lemon)
- 6 tablespoons gluten free breadcrumbs for garnish (optional)

### DIRECTIONS:

1. **Heat** oil in a large saucepot over medium-high heat. Add leeks, cauliflower, carrots, celery, thyme, oregano, paprika, salt and pepper; cook 8 minutes or until vegetables are tender, stirring frequently. Add potato, stock and milk; heat to a simmer. Reduce heat to medium; cook 10 minutes or until potatoes are easily pierced with a fork.
2. **Purée** soup in batches in a blender on high 20 seconds or until smooth, transferring soup back to the saucepot; stir in parsley and lemon juice. Serve soup garnished with breadcrumbs, pepper and/or parsley, if desired. Makes about 6 cups.

