

This Seat is Reserved For:



Draw what Pinellopy Pineapple is about to eat!

FRUITS:

- Banana
- Pineapple
- Blueberries

PROTEIN:

- Chicken
- Fish
- Turkey

VEGGIES:

- Broccoli
- Carrots
- Celery

CARBOHYDRATES:

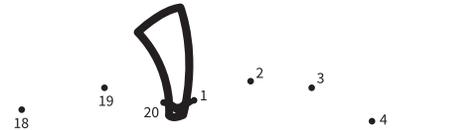
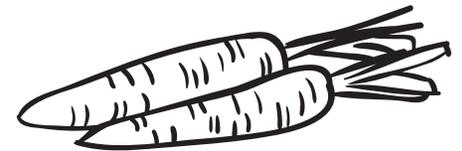
- Brown Rice
- Whole-Wheat Pasta
- Potato

FUN FACTS!

- The top of a pineapple is called the "crown!"
- Bananas are classified as berries
- The average strawberry has 300 seeds
- Romaine Lettuce is an excellent source of Vitamin A



Place your teacup here!





RECIPE INSPIRATION FROM DOLE

Princess Pearls Punch

INGREDIENTS:

- 1¾ cups chilled 100% white grape juice
- 1/2 cup chopped DOLE® Mango
- 1/2 cup chopped DOLE® Pineapple
- 1/2 cup DOLE® Blueberries
- 1/3 cup large pearl tapioca
- 4 extra-wide straws
- Fresh mint for garnish (optional)

DIRECTIONS:

1. **Stir** 1½ cups juice, mango, pineapple and blueberries in a pitcher; cover and refrigerate 1 hour or up to 2 hours. Makes about 2½ cups.
2. **Bring** 8 cups of water to a boil in a large saucepot over high heat; add tapioca. Reduce heat to medium-high and boil 30 minutes or until tapioca is translucent, stirring occasionally; drain. Stir tapioca and remaining ¼ cup juice in a medium bowl; cool 5 minutes. Makes about ½ cup.
3. **Divide** tapioca mixture into 4 (10-ounce) glasses; pour juice mixture over tapioca. Place 1 straw in each glass; garnish with mint, if desired.





RECIPE INSPIRATION FROM DOLE

French Quarter Quiche

INGREDIENTS:

- Nonstick cooking spray
- 1 large DOLE® Sweet Potato, peeled and grated (about 1¼ pounds)
- 2 tablespoons natural buttery spread with olive oil, melted
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/2 medium red bell pepper, chopped
- 1/4 cup chopped DOLE® Red Onion
- 1 cup loosely packed chopped DOLE® Baby Spinach
- 10 large egg whites
- 1/3 cup oat milk
- 1 small DOLE® Avocado, peeled, pitted and chopped

DIRECTIONS:

1. **Preheat** oven to 400°F; liberally spray a 12-cup standard muffin pan with nonstick cooking spray.
2. **Toss** potato, 1 tablespoon buttery spread, ¼ teaspoon salt and black pepper in a large bowl. Makes about 3 cups.
3. **Press** about ¼ cup potato mixture onto bottom and up sides of each cup. Bake cups 20 minutes or until golden brown; reduce oven temperature to 375°F.
4. **Heat** remaining 1 tablespoon buttery spread in a large skillet over medium-high heat. Add bell pepper and onion; cook 4 minutes or until tender, stirring occasionally. Add spinach; cook 1 minute or until wilted, stirring occasionally. Transfer bell pepper mixture to a large bowl; cool slightly.
5. **Whisk** egg whites, milk and remaining ¼ teaspoon salt into bell pepper mixture; divide into cups. Bake quiches 15 minutes or until internal temperature reaches 160°F; run knife around edges to loosen.
6. **Serve** quiches topped with avocado.

