



SUPERFOOD

RECIPES

BEAUTY SOUP
for Your Skin

ANTI-AGING
Entrées

BRAIN-BOOSTING
Desserts



Low Calorie and Low Fat recipes
that pack a Health Punch

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Rodale Custom Publishing, Inc.
733 Third Avenue
New York, NY 10017
Phone: 212-573-0399



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What are “Superfoods”?

All fruits and vegetables are good for you, but Dole calls some of them Superfoods because they are super-rich in nutrients for the amount of calories they contain. Superfoods offer health benefits ranging from enhancing your immune system to caring for your eyes and joints to boosting your brainpower.

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soups



CARROT AND ASPARAGUS RAGOUT

Prep: 20 min.

Cook: 25 min.

Servings: 6

- 6 slices semolina, French or Italian bread, cut $\frac{1}{4}$ inch thick
- 3 cloves garlic, divided
- 2 tablespoons olive oil
- 1 medium DOLE Onion, chopped
- 3 medium DOLE Carrots, peeled and sliced into $\frac{1}{2}$ -inch pieces (about 1 cup)
- 1 can (15 oz.) cannellini beans, rinsed and drained
- 4 cups reduced-fat vegetable broth
- 1 pound DOLE Asparagus, sliced into $\frac{1}{2}$ -inch pieces
- 1 can (14.5 oz.) stewed tomatoes with Italian herbs
- 1 package (16 oz.) DOLE Classic Cole Slaw

PREHEAT oven to 350°F. Place bread slices on baking sheet. Bake 12 to 15 minutes or until golden brown, turning once. Remove from oven and rub one side of each bread slice with one of the garlic cloves to coat. Set toasts aside. Mince remaining 2 garlic cloves.

HEAT oil in large saucepan over medium heat and add onion, carrots and minced garlic. Cook until onion is tender, 2 to 3 minutes.

ADD beans, broth, asparagus, tomatoes and cole slaw and bring to a boil. Reduce heat; simmer 20 minutes, stirring occasionally.

PLACE a slice of garlic toast in each of six soup bowls and ladle 1 cup soup over each.

Per Serving: 274 calories, 6 g fat (1 g sat.), 0 mg cholesterol, 949 mg sodium, 45 g carbohydrate (12 g dietary fiber, 10 g sugars), 11 g protein, 124% vitamin A, 63% vitamin C, 14% calcium, 31% iron, 18% potassium, 38% folate

* Superfood for your Eyes



CARROTS are rich in carotenoids, vitamin A precursors, which are phytonutrients that help maintain eye health.



PINEAPPLE GAZPACHO

Prep: 25 min.

Chill: 2 hr.

Servings: 5

- 3 cups chunked DOLE Tropical Gold Pineapple, divided*
 - 1 medium cucumber, peeled, seeded and chopped, divided
 - 1 cup chopped DOLE Yellow Bell Pepper, divided
 - $\frac{2}{3}$ cup chopped DOLE Red Onion, divided
 - $1\frac{1}{4}$ cups DOLE Pineapple Juice
 - 2 tablespoons Italian salad dressing
 - 2 tablespoons granulated sucralose sweetener *or* sugar
 - 2 tablespoons chopped DOLE Cilantro
 - 1 teaspoon chopped jalapeño chilies
- * may substitute 1 can (20 oz.) DOLE Pineapple Chunks, drained, divided

COMBINE 1 cup pineapple chunks, $\frac{1}{2}$ cup cucumber, $\frac{1}{2}$ cup bell pepper and $\frac{1}{3}$ cup onion in medium bowl; set aside.

COMBINE pineapple juice, Italian dressing, sweetener, cilantro, chilies and remaining pineapple chunks, cucumber, bell pepper and onion in blender or food processor. Cover; blend until smooth. Stir into reserved pineapple mixture.

COVER and refrigerate 2 hours or until chilled. Serve.

Per Serving: 106 calories, 2 g fat (0 g sat.), 0 mg cholesterol, 102 mg sodium, 23 g carbohydrate (2 g dietary fiber, 18 g sugars), 1 g protein, 7% vitamin A, 105% vitamin C, 3% calcium, 4% iron, 8% potassium, 7% folate

* Superfood for your Joints



PINEAPPLE Fresh and frozen pineapple are top sources of the enzyme bromelain. Studies show bromelain helps maintain healthy joint function by supporting the body's natural healing process after joint stress or injury.





CURRIED APPLE AND BUTTERNUT SQUASH SOUP

Prep: 25 min.

Cook: 30 min.

Servings: 4

- 4 *teaspoons olive oil, divided*
- 1½ *cups chopped DOLE Onions, divided*
- ⅓ *cup sliced DOLE Peeled Mini Carrots*
- ⅓ *cup chopped DOLE Celery*
- 2 *cups peeled and diced butternut squash*
- 2½ *cups fat-free, reduced-sodium chicken broth*
- 4 *teaspoons chopped DOLE Cilantro, divided*
- 1 *small DOLE Apple, peeled and diced*
- 1 to 1½ *teaspoons curry powder*
- 4 *dollops low-fat plain yogurt*

HEAT 3 teaspoons oil in large pot over medium heat. Add ¾ cup onions, carrots and celery; cook until vegetables are tender, about 7 minutes. Add squash; cook 4 minutes. Add broth and 2 teaspoons cilantro; bring to a boil; reduce heat. Cover; simmer until vegetables are tender, about 10 to 12 minutes.

HEAT remaining 1 teaspoon oil in medium nonstick skillet over medium heat. Add remaining ¾ cup onions and cook until golden, about 3 minutes. Add apple; cook 2 minutes. Add curry powder; cook and stir 30 seconds. Remove from heat and set mixture aside.

POUR half of the soup into blender or food processor. Cover; blend until smooth. Repeat with remaining soup.

POUR blended soup into large pot; stir in curry-apple mixture. Heat soup over low heat until heated through. Garnish soup with yogurt and remaining cilantro.

Per Serving: 138 calories, 5 g fat (1 g sat.), 1 mg cholesterol, 69 mg sodium, 22 g carbohydrate (4 g dietary fiber, 9 g sugars), 4 g protein, 177% vitamin A, 37% vitamin C, 9% calcium, 6% iron, 14% potassium, 10% folate

* Superfood for your Skin



BUTTERNUT SQUASH is rich in vitamin A, just one cup provides approximately 300% of your vitamin A (beta-carotene) needs for the day. Studies show that beta-carotene helps protect the skin — sort of a gentle internal sunscreen.



salads & sides



ROASTED SWEET POTATOES WITH SPINACH



Prep: 20 min.

Cook: 40 min.

Servings: 10

- 3 pounds DOLE Sweet Potatoes
- $\frac{1}{4}$ cup plus 2 teaspoons olive oil, divided
- 1 tablespoon dried parsley, crushed
- $1\frac{1}{4}$ teaspoons onion salt, divided
- $\frac{3}{4}$ teaspoon dried basil leaves, crushed, divided
- $\frac{1}{2}$ teaspoon dried oregano, crushed, divided
- 2 cloves garlic, finely chopped
- 8 oz. DOLE White Mushrooms, sliced
- 1 package (9 oz.) DOLE Spinach

PREHEAT oven to 400°F.

COAT large baking sheet with vegetable cooking spray. Peel potatoes; cut into 1- to $1\frac{1}{2}$ -inch pieces; place in bowl of cold water.

PLACE $\frac{1}{4}$ cup oil, parsley, 1 teaspoon onion salt, $\frac{1}{2}$ teaspoon basil and $\frac{1}{4}$ teaspoon oregano into gallon-size food-storage bag. Drain potatoes; place in bag and close securely. Vigorously shake bag to coat potatoes. Spread evenly on prepared baking sheet.

BAKE 30 to 40 minutes or until golden brown, stirring halfway through. Remove potatoes and place on large serving platter.

HEAT remaining 2 teaspoons oil in large nonstick pot. Cook garlic until tender; stir in mushrooms and cook over medium-high heat 3 minutes. Add remaining $\frac{1}{4}$ teaspoon each onion salt, basil and oregano. Stir in spinach; cook and stir another 3 minutes or until spinach is wilted. Spoon over potatoes and mix gently.

Per Serving: 168 calories, 7 g fat (1 g sat.), 0 mg cholesterol, 50 mg sodium, 25 g carbohydrate (7 g dietary fiber, 6 g sugars), 4 g protein, 423% vitamin A, 63% vitamin C, 7% calcium, 16% iron, 19% potassium, 6% folate

* Superfoods for your Brain, Eyes



SPINACH is a Superfood for your brain because it is an excellent source of vitamin C, folate and has antioxidant phytonutrients that support healthy brain function. Also, one serving ($1\frac{1}{2}$ cups shredded raw spinach) provides more than 150% of your Daily Value of vitamin A.



SWEET POTATOES are a top source of vitamin A, which helps maintain eye health. One serving, one 5-inch sweet potato, provides more than 360% of the Daily Value of vitamin A.



ANGEL SLAW CARIBBEAN

Prep: 15 min.

Chill: 1 hr.

Servings: 6

- $\frac{1}{2}$ cup fat-free vanilla yogurt
- $\frac{1}{4}$ cup DOLE Pineapple Juice
- $\frac{3}{4}$ teaspoon Caribbean jerk or Jamaican jerk seasoning
- 2 teaspoons fresh lime juice
- $\frac{1}{4}$ cup mango chutney
- 1 package (16 oz.) DOLE Angel Hair Cole Slaw
- 1 unpeeled DOLE Red Apple, cored and shredded
- $\frac{1}{3}$ cup DOLE Seedless Raisins
- 1 medium fresh DOLE Mango, diced (about $1\frac{1}{4}$ cups)

COMBINE yogurt, pineapple juice, jerk seasoning, lime juice and chutney in large bowl until well blended. Stir in cole slaw, apple and raisins. Mix together. Fold mango into slaw.

COVER; refrigerate 1 hour to blend flavors.

Per Serving: 105 calories, 0 g fat (0 g sat.), 0 mg cholesterol, 46 mg sodium, 23 g carbohydrate (3 g dietary fiber, 17 g sugars), 2 g protein, 28% vitamin A, 60% vitamin C, 9% calcium, 3% iron, 7% potassium, 12% folate

* Superfood Antioxidant



RAISINS scored second in a ranking of the 20 top antioxidant fruits and vegetables in tests conducted by the USDA .





entrées



PINEAPPLE SALSA CHICKEN

Prep: 15 min.

Grill: 20 min.

Servings: 6



entrées

- 6 *boneless, skinless chicken breasts*
- 2 *cups chunked DOLE Tropical Gold Pineapple**
- 1/4 *cup DOLE Pineapple Juice*
- 1/2 *cup finely chopped DOLE Red Bell Pepper*
- 1/4 *cup finely chopped DOLE Green Bell Pepper*
- 1 *tablespoon chopped DOLE Green Onion*
- 2 *teaspoons chopped fresh cilantro or parsley*
- 2 *teaspoons chopped jalapeño chilies*
- * may substitute 1 can (20 oz.) DOLE Pineapple Chunks, drained*

GRILL or broil chicken 5 to 10 minutes on each side or until chicken is no longer pink in center.

COMBINE pineapple chunks, juice, bell peppers, onion, cilantro and chilies in bowl. Serve salsa with grilled or broiled chicken.

Per Serving: 295 calories, 3 g fat (1 g sat.), 137 mg cholesterol, 155 mg sodium, 9 g carbohydrate (1 g dietary fiber, 7 g sugars), 55 g protein, 4% vitamin A, 64% vitamin C, 4% calcium, 11% iron, 20% potassium, 6% folate

* Superfoods for your Skin, Joints



RED BELL PEPPERS are a top source of vitamin A and the potent antioxidant vitamin C, nutrients that help maintain healthy, glowing skin. Plus they are one of the few vegetable sources of vitamin E, a nutrient that provides protection from the sun.



PINEAPPLE The bromelain in fresh and frozen pineapple helps maintain healthy joints.



SHRIMP SALAD WITH RED BELL PEPPER AND LIME VINAIGRETTE

Prep: 20 min.

Cook: 15 min.

Servings: 4

- 1 *tablespoon plus 1/4 cup fat-free Italian salad dressing, divided*
- 3 *teaspoons Jamaican or other jerk seasoning, divided*
- 1 *pound small to medium raw shrimp, peeled and deveined*
Grated peel from 2 limes (reserve limes and cut into halves)
- 2 *tablespoons honey*
- 3 *cups hot cooked brown rice, quinoa or bulgur*
- 1 *can (15.25 oz.) DOLE Tropical Fruit Salad, drained*
- 1 *cup diced DOLE Red Bell Pepper*
- 1/2 *cup diced DOLE Red Onion*
- 1/4 *cup chopped DOLE Cilantro*

COMBINE 1 tablespoon Italian salad dressing and 2 teaspoons jerk seasoning in bowl. Add shrimp and mix well. Let stand 5 to 10 minutes.

HEAT grill pan over medium heat. Place lime halves, cut-side down, on grill. Cook until lightly charred, about 5 minutes; remove limes, cool and juice; set juice aside.

COAT grill pan with vegetable cooking spray. Grill shrimp until pink and cooked through, about 2 minutes per side. (Grill shrimp in two batches, if necessary.)

COMBINE lime juice, lime peel, honey and remaining 1 teaspoon jerk seasoning in small bowl. Whisk in remaining 1/4 cup Italian salad dressing.

COMBINE rice, tropical fruit salad, bell pepper, onion, cilantro and shrimp in large bowl. Pour lime dressing mixture over and gently toss to coat. Let stand 15 minutes to blend flavors.

Per Serving: 415 calories, 3 g fat (1 g sat.), 172 mg cholesterol, 451 mg sodium, 68 g carbohydrate (5 g dietary fiber, 28 g sugars), 27 g protein, 13% vitamin A, 58% vitamin C, 8% calcium, 21% iron, 13% potassium, 5% folate

* Superfood for your Immunity



RED BELL PEPPERS, a top source of vitamin C, are rich in vitamin A and one of the few vegetable sources of vitamin E. All these nutrients help support healthy immune function.





HONEY MUSTARD GLAZED SALMON WITH TROPICAL FRUIT SALSA

Prep: 20 min.

Grill: 10 min.

Servings: 4

- 3 tablespoons spicy brown mustard
- 2 tablespoons honey
- 1/4 teaspoon hot-pepper sauce
- 3/4 teaspoon salt, divided
- 1 can (15.25 oz.) DOLE Tropical Fruit Salad, drained and diced
- 1 DOLE Avocado, peeled and diced
- 1/4 cup chopped DOLE Red Onion
- 1/3 cup diced DOLE Red Bell Pepper
- 1 tablespoon lime juice
- 1 1/3 pounds salmon fillets

STIR together mustard, honey, hot-pepper sauce and 1/2 teaspoon salt in small bowl.

COMBINE tropical fruit salad, avocado, onion, bell pepper, lime juice and remaining 1/4 teaspoon salt. Cover; refrigerate salsa until ready to serve.

GRILL or broil salmon 4 to 5 minutes, brushing with honey-mustard glaze; turn over. Grill or broil 4 to 5 minutes more or until desired doneness, brushing with remaining glaze.

SERVE salmon with tropical salsa.

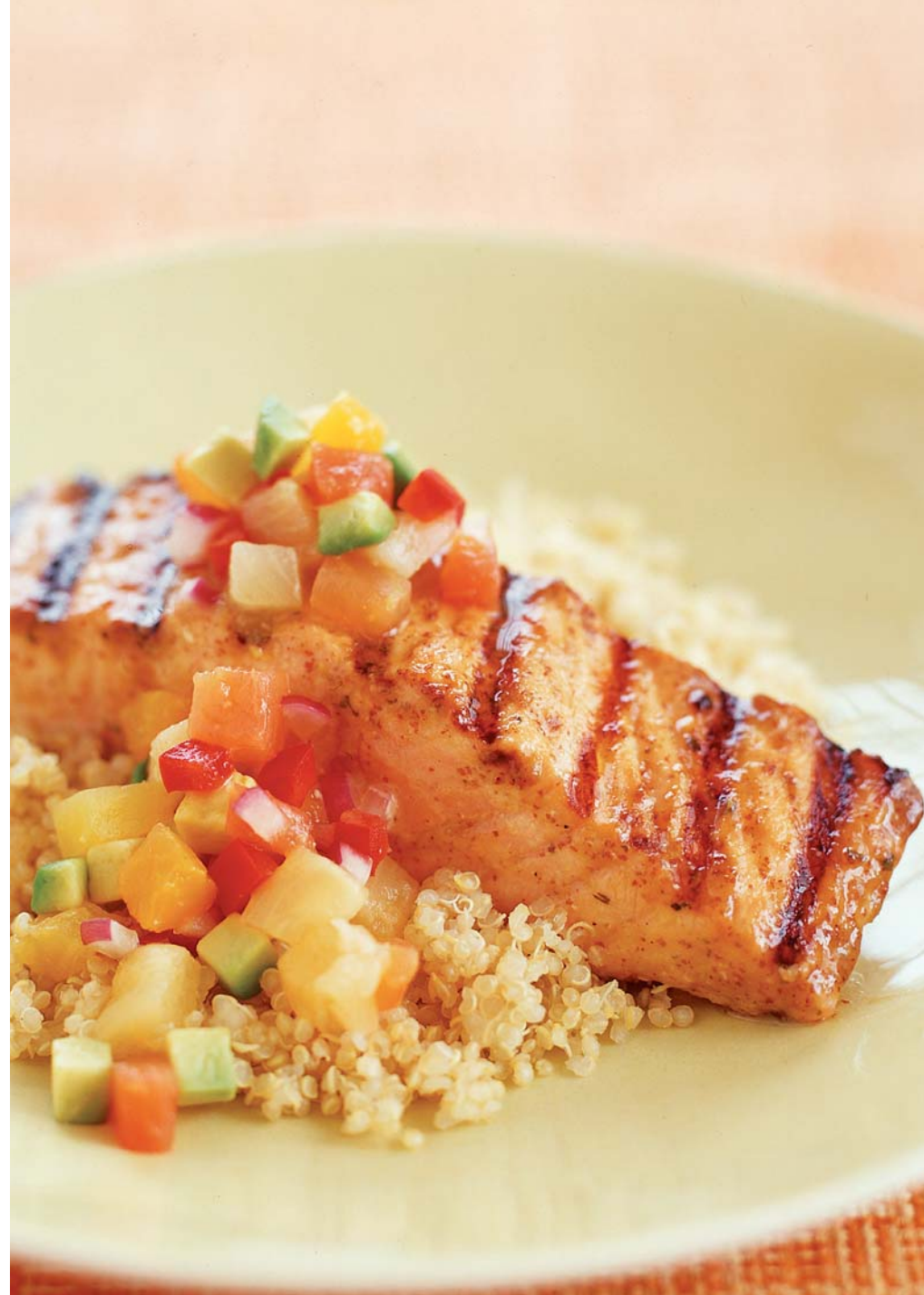
Per Serving: 464 calories, 23 g fat (4 g sat.), 89 mg cholesterol, 720 mg sodium, 31 g carbohydrate (4 g dietary fiber, 24 g sugars), 31 g protein, 11% vitamin A, 58% vitamin C, 3% calcium, 5% iron, 23% potassium, 18% folate

* Superfoods for your Immunity



RED BELL PEPPERS, a top source of vitamin C, are rich in vitamin A and one of the few vegetable sources of vitamin E. All of these nutrients help support healthy immune function.

SALMON contains both niacin and omega-3 fatty acids. Research shows that these nutrients contribute to healthy brain function in older adults.





SPINACH AND CHICKEN STIR-FRY SALAD WITH RASPBERRIES



Prep: 20 min.

Cook: 5 min.

Servings: 3

- 1 *tablespoon vegetable oil*
- 2 *boneless, skinless chicken breasts (3/4 lb.), cut into bite-size strips*
- 1 *cup thinly sliced DOLE Onion*
- Salt and pepper to taste*
- 1 *package (6 oz.) DOLE Baby Spinach or Organic Baby Spinach Salad Blends, any variety*
- 1/4 *cup bottled fat-free raspberry vinaigrette dressing*
- 1 *cup DOLE Fresh or Fresh Frozen Raspberries, partially thawed*
- 1/4 *cup reduced-fat feta cheese*

HEAT oil in large nonstick skillet or wok; add chicken strips and onion and stir-fry over high heat 3 to 5 minutes or until chicken is no longer pink in center. SEASON chicken to taste with salt and pepper; turn off heat. Add spinach and vinaigrette to skillet; toss well. DIVIDE mixture among plates. Sprinkle each salad with raspberries and feta cheese.

Per Serving: 311 calories, 8 g fat (2 g sat.), 95 mg cholesterol, 454 mg sodium, 18 g carbohydrate (7 g dietary fiber, 11 g sugars), 41 g protein, 63% vitamin A, 38% vitamin C, 10% calcium, 30% iron, 20% potassium, 3% folate

* Superfoods for your Eyes, Heart



SPINACH is loaded with vitamin A and is a top source of lutein and zeaxanthin — carotenoids that help protect eyes by filtering high-energy light waves.



RASPBERRIES are a top fruit source of fiber and an excellent source of vitamin C, and have antioxidant phytonutrients that help promote heart health.





MITCH MANDEL



FRESH BERRY TORTILLA



Prep: 20 min.

Bake: 10 min.

Servings: 6

- $\frac{1}{4}$ cup sugar
- 1 teaspoon ground cinnamon
- 6 (6-inch) whole wheat flour tortillas*
- 2 tablespoons water
- 1 package (4-serving size) instant sugar-free vanilla pudding mix
- 1 teaspoon grated lemon peel
- 1 teaspoon vanilla extract
- 1 cup sliced DOLE Fresh or Fresh Frozen Strawberries, partially thawed
- 1 orange, peeled and cut into slices
- $\frac{1}{2}$ cup DOLE Green Grapes
- $\frac{1}{2}$ cup DOLE Fresh or Fresh Frozen Raspberries, partially thawed

PREHEAT oven to 400°F.

COMBINE sugar and cinnamon. Brush tortillas lightly with water. Sprinkle sugar mixture over both sides of tortillas.

COAT large custard cups with vegetable cooking spray. Gently press tortillas into cups. Bake 10 minutes or until lightly browned. Cool.

PREPARE pudding according to package directions. Stir lemon peel and vanilla into pudding.

COMBINE strawberries, orange, grapes and raspberries in small bowl.

ARRANGE tortilla shells on dessert plates. Spoon about $\frac{1}{3}$ cup pudding into each shell. Spoon fruit over pudding in shells.

*Before placing tortillas in cups, microwave each tortilla 5 to 10 seconds to soften slightly.

Per Serving: 241 calories, 3 g fat (1 g sat.), 0 mg cholesterol, 450 mg sodium, 48 g carbohydrate (3 g dietary fiber, 14 g sugars), 5 g protein, 2% vitamin A, 42% vitamin C, 4% calcium, 12% iron, 5% potassium, 18% folate

* Superfoods for your Heart, Brain



RASPBERRIES, a top fruit source of fiber and an excellent source of vitamin C, also contain antioxidant phytonutrients that help promote heart health.



STRAWBERRIES are a Superfood for your brain because they are a top source of vitamin C (providing over 150% of the Daily Value) and antioxidant phytonutrients such as anthocyanins, which support healthy brain function.





TANGY CRAN-APPLE CRISP

Prep: 20 min.

Bake: 45 min.

Servings: 6

- 4 DOLE Green Apples, cored and sliced
- 1½ cups DOLE Fresh Cranberries
- 1 cup DOLE Seedless Raisins
- ⅓ cup DOLE Pineapple Orange Juice
- ½ cup packed brown sugar, divided
- 1½ teaspoons ground cinnamon, divided
- ½ teaspoon ground nutmeg, divided
- ¼ cup granulated sucralose sweetener *or* sugar
- ¼ cup quick-cooking *or* old-fashioned oats
- ¼ cup whole wheat flour
- ¼ cup margarine, cut into small pieces
- ¼ cup chopped almonds, toasted

PREHEAT oven to 350°F.

COMBINE apples, cranberries, raisins, juice, ¼ cup brown sugar, 1 teaspoon cinnamon and ¼ teaspoon nutmeg in 9-by-9-inch baking dish coated with vegetable cooking spray.

BLEND remaining ¼ cup brown sugar, sweetener, oats, flour and remaining ½ teaspoon cinnamon and ¼ teaspoon nutmeg.

CUT in margarine with pastry blender or two knives until mixture is crumbly.

Mix in almonds and sprinkle over fruit.

BAKE 45 minutes or until topping is brown. Cool slightly and serve topped with fat-free frozen yogurt, if desired.

Per Serving: 348 calories, 11 g fat (2 g sat.), 0 mg cholesterol, 99 mg sodium, 65 g carbohydrate (7 g dietary fiber, 35 g sugars), 3 g protein, 9% vitamin A, 14% vitamin C, 8% calcium, 9% iron, 11% potassium, 3% folate

* Superfood Antioxidant



CRANBERRIES ranked third in total antioxidant capacity in a USDA study of commonly consumed fruits and vegetables.

RAISINS are a top source of antioxidants. Gram for gram raisins have the second highest ORAC score (a test that measures the ability of foods to quench oxygen free radicals) compared to twenty other fruits and vegetables.





PUMPKIN PINEAPPLE MOUSSE PIE

Prep: 15 min.

Chill: 5 hr.

Servings: 6

- 1 can (8 oz.) DOLE Crushed Pineapple
- 2 cans (6 oz. *each*) DOLE Pineapple Juice
- 1 envelope unflavored gelatin
- 1¹/₂ tablespoons granulated sucralose sweetener *or* sugar
- 1 cup canned pumpkin pie mix
- 1 cup frozen nondairy whipped topping, thawed
- 1 (9-inch) ready-made graham cracker crust

DRAIN pineapple well; reserve juice.

COMBINE reserved juice with pineapple juice in measuring cup. Add water to make 2 cups. Combine juice mixture and gelatin in saucepan. Let stand 1 minute.

STIR over low heat until completely dissolved. Stir in sweetener. Pour into bowl.

Chill just until starts to gel, about 1 hour.

FOLD in pineapple, pumpkin and whipped topping. Pour into graham cracker crust. Chill 4 hours or overnight.

SERVE with nondairy whipped topping and ground cinnamon, if desired.

Per Serving: 333 calories, 12 g fat (4 g sat.), 0 mg cholesterol, 292 mg sodium, 52 g carbohydrate (2 g dietary fiber, 38 g sugars), 3 g protein, 82% vitamin A, 19% vitamin C, 2% calcium, 7% iron, 3% potassium, 6% folate



* Superfood for your Eyes



PUMPKIN is a top source of vitamin A and supplies a significant quantity of lutein and zeaxanthin carotenoids that help maintain eye health.



SOFT-SERVE BANANA-BERRY BLIZZARD



Prep: 5 min.

Freeze: 2 hr.

Servings: 8

- 4 ripe DOLE Bananas
- $\frac{1}{2}$ cup buttermilk, divided
- $\frac{1}{2}$ to $\frac{3}{4}$ cup sifted powdered sugar, divided
- 1 teaspoon lemon juice, divided
- 1 package (12 oz.) DOLE Fresh Frozen Mixed Berries, Sweet Cherries or Blueberries ($2\frac{1}{2}$ cups fruit), partially thawed

PLACE unpeeled bananas in freezer 2 hours or up to 4 hours before serving.

PEEL frozen bananas and cut into $\frac{1}{2}$ -inch chunks.

COMBINE $\frac{1}{4}$ cup buttermilk, $\frac{1}{4}$ cup powdered sugar and $\frac{1}{2}$ teaspoon lemon juice in blender or food processor. Cover; blend until smooth.

DROP half of the banana chunks through hole in lid of blender or food processor tube, with machine running, until blended. Add half the fruit pieces, a few at a time, and process until mixture is slushy, stopping machine occasionally to scrape down side of bowl. Transfer mixture to chilled bowl.

REPEAT with remaining ingredients (adding more sugar, if desired, to taste) to make a second batch. Add to remaining mixture in bowl and stir together. If preparing ahead, cover mixture and freeze immediately for up to 2 hours before serving.

SPOON into serving dishes.

Per Serving: 108 calories, 0 g fat (0 g sat.), 1 mg cholesterol, 17 mg sodium, 26 g carbohydrate (2 g dietary fiber, 14 g sugars), 2 g protein, 3% vitamin A, 11% vitamin C, 3% calcium, 4% iron, 7% potassium, 3% folate

* Superfoods for your Brain, Heart



BLUEBERRIES are sometimes called “brain berries” because they are a top source of antioxidant phytonutrients that support healthy brain function.



BANANAS provide a variety of heart-healthy nutrients, including vitamin B₆, potassium, fiber, and vitamin C.





FRUITY SMOOTHIE

Prep: 5 min.

Servings: 3



- 1 large, ripe DOLE Banana, peeled
- 1 can (8 oz.) DOLE Pineapple Chunks, drained
- 1 cup DOLE Fresh or Fresh Frozen Strawberries, partially thawed
- 1 carton (8 oz.) strawberry yogurt
- 2 tablespoons soy protein or whey powder

SLICE banana into blender or food processor. Add pineapple, strawberries and yogurt. Cover; blend until smooth.

POUR into glasses and serve immediately.

VARIATIONS: Replace 1 cup strawberries and strawberry yogurt with:

Peach: 1 cup DOLE Fresh Frozen Sliced Peaches and peach yogurt

Raspberry: 1 cup DOLE Fresh or Fresh Frozen Raspberries and mixed berry yogurt

Blueberry: 1 cup DOLE Fresh Frozen Blueberries and blueberry yogurt

Mixed Berry: 1 cup DOLE Fresh Frozen Mixed Berries and mixed berry yogurt

Per Serving: 172 calories, 1 g fat (0 g sat.), 4 mg cholesterol, 77 mg sodium, 38 g carbohydrate (4 g dietary fiber, 29 g sugars), 5 g protein, 1% vitamin A, 23% vitamin C, 10% calcium, 4% iron, 9% potassium, 3% folate

* Superfoods for your Heart, Brain



BANANAS contain many nutrients that help promote heart health. They are rich in vitamin B₆ and a good source of fiber, vitamin C, and potassium. Research shows potassium plays a role in regulating already normal blood pressure levels.



STRAWBERRIES are a top source of vitamin C and antioxidant phytonutrients that support healthy brain function.



CHOCOLATE BANANA PEANUT BUTTER MILKSHAKE

Prep: 5 min.
Servings: 2

- 1 cup low-fat chocolate milk or low-fat chocolate soy beverage
- 1 medium, ripe DOLE Banana, peeled
- $\frac{1}{4}$ cup creamy peanut butter or almond butter
- 1 tablespoon honey
- 6 ice cubes

COMBINE all ingredients in blender.
Cover; blend until smooth.
POUR into glasses and serve immediately.

Per Serving: 366 calories, 19 g fat (5 g sat.),
9 mg cholesterol, 236 mg sodium,
41 g carbohydrate (4 g dietary fiber,
31 g sugars), 13 g protein, 5% vitamin A,
11% vitamin C, 16% calcium, 6% iron,
17% potassium, 10% folate



* Superfood for your Heart



BANANAS are high in fiber. Fiber promotes heart health by helping to maintain already normal cholesterol levels.



MANGO PAPAYA LEMONADE

Prep: 15 min.
Servings: 5

- $1\frac{1}{2}$ cups chunked DOLE Mango
- $1\frac{1}{2}$ cups chunked DOLE Papaya
- $2\frac{1}{2}$ cups cold water, divided
- $\frac{1}{2}$ cup fresh lemon juice
- $\frac{1}{2}$ cup granulated sucralose sweetener or sugar
- Ice cubes
- Fresh mint sprigs (optional)

PLACE mango and papaya chunks in blender or food processor with $\frac{1}{2}$ cup water. Cover; blend until smooth. Add remaining 2 cups water; blend until smooth.

POUR mixture through strainer into large pitcher. Stir in lemon juice and sweetener; add more to taste, if necessary.

POUR into ice-filled glasses; garnish with mint leaves, if desired.

Per Serving: 55 calories, 0 g fat (0 g sat.),
0 mg cholesterol, 5 mg sodium, 17 g carbohydrate
(2 g dietary fiber, 10 g sugars), 1 g protein,
22% vitamin A, 85% vitamin C, 2% calcium,
1% iron, 6% potassium, 7% folate



* Superfood for your Skin, Immunity



PAPAYA provides over 140% of the Daily Value of vitamin C and is an excellent source of vitamin A. Both of these nutrients help support the skin and immune system.

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Cucumber: Pineapple Gazpacho, 4
- F**ruit salad: DOLE Tropical Fruit Salad: Honey Mustard Glazed Salmon with Tropical Fruit Salsa, 16
Shrimp Salad with Red Bell Pepper and Lime Vinaigrette, 14
- G**raham cracker crust: Pumpkin Pineapple Mousse Pie, 24
Grapes: DOLE Green: Fresh Berry Tortilla, 21
- J**alapeños: Pineapple Gazpacho, 4
Pineapple Salsa Chicken, 13
- L**ime: Shrimp Salad with Red Bell Pepper and Lime Vinaigrette, 14
- M**ango: DOLE: Angel Slaw Caribbean, 10
Mango Papaya Lemonade, 31
Milk: Chocolate: Chocolate Banana Peanut Butter Milkshake, 30
Mushrooms: DOLE White: Roasted Sweet Potatoes with Spinach, 9
- O**ats: Tangy Cran-Apple Crisp, 22
Onions: DOLE: Carrot and Asparagus Ragout, 3
Curried Apple and Butternut Squash Soup, 7
- Spinach and Chicken Stir-Fry Salad with Raspberries, 18
DOLE Green: Pineapple Salsa Chicken, 13
DOLE Red: Honey Mustard Glazed Salmon with Tropical Fruit Salsa, 16
Pineapple Gazpacho, 4
Shrimp Salad with Red Bell Pepper and Lime Vinaigrette, 14
Orange: Fresh Berry Tortilla, 21
- P**apaya: Mango Papaya Lemonade, 31
Peaches: DOLE Fresh Frozen Slices: Fruity Smoothie, 29
Peanut butter: Chocolate Banana Peanut Butter Milkshake, 30
Pineapples: DOLE Chunks: Fruity Smoothie, 29
Pineapple Gazpacho, 4
Pineapple Salsa Chicken, 13
DOLE Crushed: Pumpkin Pineapple Mousse Pie, 24
DOLE Juice: Angel Slaw Caribbean, 10
Pineapple Gazpacho, 4
Pineapple Salsa Chicken, 13
Pumpkin Pineapple Mousse Pie, 24
DOLE Pineapple Orange Juice: Tangy Cran-Apple Crisp, 22
DOLE Tropical Gold: Pineapple Gazpacho, 4
Pineapple Salsa Chicken, 13
Pumpkins: Canned Pie Mix: Pumpkin Pineapple Mousse Pie, 24
- Q**uinoa: Shrimp Salad with Red Bell Pepper and Lime Vinaigrette, 14
- R**aisins: DOLE Seedless: Angel Slaw Caribbean, 10
Tangy Cran-Apple Crisp, 22
Raspberries: DOLE Fresh: Fresh Berry Tortilla, 21
Spinach and Chicken Stir-Fry Salad with Raspberries, 18
DOLE Fresh Frozen: Fresh Berry Tortilla, 21
Fruity Smoothie, 29
Spinach and Chicken Stir-Fry Salad with Raspberries, 18
Rice: Brown: Shrimp Salad with Red Bell Pepper and Lime Vinaigrette, 14
- S**almon: Honey Mustard Glazed Salmon with Tropical Fruit Salsa, 16
Shrimp: Shrimp Salad with Red Bell Pepper and Lime Vinaigrette, 14
Soy beverage: Chocolate: Chocolate Banana Peanut Butter Milkshake, 30
Spinach: DOLE: Roasted Sweet Potatoes with Spinach, 9
DOLE Baby Spinach: Spinach and Chicken Stir-Fry Salad with Raspberries, 18
DOLE Organic Baby Spinach Salad Blend: Spinach and Chicken Stir-Fry Salad with Raspberries, 18
Strawberries: DOLE Fresh: Fresh Berry Tortilla, 21
DOLE Fresh Frozen: Fresh Berry Tortilla, 21
Fruity Smoothie, 29
Sweet Potatoes: DOLE: Roasted Potatoes with Spinach, 9
- T**omatoes: Stewed: Carrot and Asparagus Ragout, 3
Tortillas: Fresh Berry Tortilla, 21
- Y**ogurt: Curried Apple and Butternut Squash Soup, 7
Blueberry: Fruity Smoothie, 29
Mixed Berry: Fruity Smoothie, 29
Peach: Fruity Smoothie, 29
Strawberry: Fruity Smoothie, 29
Vanilla: Angel Slaw Caribbean, 10