kids' cook book
Hey, Kids!

Do you like fruits and vegetables? Is the kitchen one of your favorite places? And most importantly ... are you HUNGRY?

If you answered YES to all of the above, you’re in the right place! As the world’s largest farmer—and the leader in nutrition education—Dole wanted to create kids’ recipes that rely largely on healthy, delicious fruits and vegetables. Unlike most kids’ cookbooks, ours places a special emphasis on reducing unhealthy fats (no trans fats here!), minimizing sodium and incorporating whole food ingredients that are nutrient-rich. We hope that you have as much fun cooking these dishes as we had dreaming them up! To discover more recipes and explore our vast library of nutrition content, be sure to visit dole.com.

The tools you’ll need to keep handy:
If you answered YES to all of the above, you’re in the right place!

As the world’s largest farmer—and the leader in nutrition education—Dole wanted to create kids’ recipes that rely largely on healthy, delicious fruits and vegetables. Unlike most kids’ cookbooks, ours places a special emphasis on reducing unhealthy fats (no trans fats here!), minimizing sodium and incorporating whole food ingredients that are nutrient-rich. We hope that you have as much fun cooking these dishes as we had dreaming them up! To discover more recipes and explore our vast library of nutrition content, be sure to visit dole.com.

Note to parents: Be sure to supervise all recipe preparation before children attempt any kitchen skills on their own. Safety in the kitchen is very important.
Berried Treasure Yogurt Cups

These yummy breakfast treats are full of nutrition jewels—the blueberries and peaches are a treasure chest of fiber and vitamins A and C. The yogurt kicks in calcium. Layer them together with granola for the perfect combo of creamy and crunchy.

**MAKE: 1 SERVING | PREP TIME: 10 MIN | TOTAL TIME: 10 MIN**

**NUTRITION HIGHLIGHTS (PER SERVING):** 340 CAL, 3.5 G FAT, 70 G CARB, 5 G FIBER

For full nutrition information, see page 44.

**ingredients**

- ¼ cup flavored granola
- ½ cup vanilla nonfat yogurt
- ¼ cup DOLE® Frozen Blueberries, partially thawed
- ¼ cup DOLE Frozen Sliced Peaches, partially thawed

**directions**

1. Layer one-half granola, one-half yogurt and blueberries in glass. Repeat layers of yogurt and granola.

2. Top with peaches.
Berried Treasure Yogurt Cups

Ingredients

- ¹⁄³ cup flavored granola
- ½ cup vanilla nonfat yogurt
- ¹⁄³ cup DOLE® Frozen Blueberries, partially thawed
- ¹⁄³ cup DOLE Frozen Sliced Peaches, partially thawed

These yummy breakfast treats are full of nutrition jewels—the blueberries and peaches are a treasure chest of fiber and vitamins A and C. The yogurt kicks in calcium. Layer them together with granola for the perfect combo of creamy and crunchy.

Makes: 1 serving

Prep Time: 10 min

Total Time: 10 min

Nutrition Highlights (Per Serving):

- 340 CAL, 3.5 g FAT, 70 g CARB, 5 g FIBER

For full nutrition information, see page 44.
Naturally Sweet Sunrise Pizza

Breakfast doesn’t have to be boring! Try this breakfast pizza that tastes like dessert but (surprise!) serves up calcium, fiber, and vitamins A and C. Guaranteed good in 15 minutes. Feeling creative? Create your own pizza menu of toppings to try.

**Makes:** 4 Servings  **Prep Time:** 15 min  **Total Time:** 15 min

**Nutrition Highlights (Per Serving):** 270 CAL, 3 G FAT, 57 G CARB, 5 G FIBER

For full nutrition information, see page 44.

### Ingredients

- 2 medium DOLE® Bananas, peeled
- 4 frozen whole wheat waffles
- ¼ cup honey-flavored nonfat Greek yogurt
- 1 can (11 oz.) DOLE Mandarin Oranges, drained
- 2 tsps honey
- Dash ground cinnamon
- Fresh raspberries or blueberries (optional)

### Directions

1. Thinly slice bananas on diagonal.

2. Prepare waffles according to package directions.

Breakfast doesn’t have to be boring! Try this breakfast pizza that tastes like dessert but (surprise!) serves up calcium, fiber, and vitamins A and C. Guaranteed good in 15 minutes. Feeling creative? Create your own pizza menu of toppings to try.

MakeS:
4 SERVINGs
PreP TiMe: 15 min
ToTAL TiMe: 15 min

NuTRITION HiGLiHTS (Per SERVING):
270 CAL, 3 g FAT, 57 g CARB, 5 g FIBER

For full nutrition information, see page 44.
Start-Your-Engine Fruit Shake

No time for breakfast? In just 5 minutes, you can rev up a morning shake. For added convenience, use frozen fruit—it also makes the shake extra thick. This recipe is an easy, yummy way to kick off your morning with potassium, vitamin C and calcium.

**MAKE:** 2 SERVINGS **PREP TIME:** 5 MIN **TOTAL TIME:** 5 MIN

**NUTRITION HIGHLIGHTS** (PER SERVING): 170 CAL, 1 G FAT, 37 G CARB, 2 G FIBER

For full nutrition information, see page 44.

**YOU WILL NEED:**
- Blender or food processor
- Measuring cups
- 2 glasses (10 oz.)
- Straws and/or long-handled spoons

**INGREDIENTS**

1. extra-ripe, medium DOLE® Banana, peeled
2. ¼ cup DOLE Pineapple Juice
3. ½ cup nonfat vanilla yogurt
4. ½ cup DOLE Strawberries, rinsed and stems removed

**DIRECTIONS**

1. Break banana into small pieces and put in the blender with pineapple juice, yogurt and strawberries.
2. Secure lid and blend until smooth.
3. Divide shake between two glasses and serve immediately.
no time for breakfast? In just 5 minutes, you can rev up a morning shake. For added convenience, use frozen fruit—it also makes the shake extra thick. This recipe is an easy, yummy way to kick off your morning with potassium, vitamin C and calcium.

**Makes:** 2 servings

**Prep Time:** 5 min

**Total Time:** 5 min

**Nutrition Highlights (Per Serving):**

- 170 CAL
- 1 g FAT
- 37 g CARB
- 2 g FIBER

For full nutrition information, see page 44.
Best Banana Pancakes

These delicious pancakes will keep you going strong all morning long. So gather the whole family for breakfast—the pancake house is officially open!

**Makes:** 12 Servings  **Prep Time:** 15 Min  **Total Time:** 15 Min

**Nutrition Highlights (Per Serving):** 190 CAL, 4.5 G FAT, 34 G CARB, 3 G FIBER

For full nutrition information, see page 44.

**You will need:**
- Baking sheet
- Measuring spoons
- Knife
- Oven mitts

**Ingredients**

1½ cups pancake mix
¼ cup almond flour
1 cup nonfat milk
2 Tbsps canola oil
1 egg
½ cup sliced DOLE® Banana

**Directions**

1. Whisk pancake mix, flour, milk, oil, and egg.
Fruity Breakfast Burrito

A burrito for breakfast? Awesome! In addition to tasting great, this easy breakfast is low in fat and a good source of fiber, potassium and vitamin C.

**Ingredients**

- 2 (8-inch) whole wheat tortillas
- 2 tsps Splenda® or sugar
- ¼ tsp ground cinnamon
- 2 tsps strawberry fruit spread or jelly
- 2 medium DOLE® Bananas

**Directions**

1. Place tortillas on baking sheet. Sprinkle Splenda or sugar and cinnamon evenly over tortillas.

2. Broil tortillas 1 minute or until hot and lightly browned.

3. Spread jam down center of tortillas. Place one banana over center of each tortilla; roll up tortillas.
Hula Chicken Sandwich

Ever wanted to go to Hawaii? You can—at lunch or dinner—with this sandwich. And you’ll pick up vitamins C and B₆ as souvenirs.

Makes: 4 SERVINGS Prep Time: 25 MIN Total Time: 40 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 400 CAL, 7 G FAT, 40 G CARB, 6 G FIBER

For full nutrition information, see page 44.

Ingredients

1 can (8 oz.) DOLE® Pineapple Slices, drained, juice reserved
½ tsp dried oregano leaves, crushed
¼ tsp garlic powder
4 boneless, skinless, small chicken breast halves
½ cup light Thousand Island salad dressing
4 whole grain or whole wheat sandwich rolls

Red or green bell pepper, sliced in rings

Directions

1. Combine reserved pineapple juice, oregano and garlic powder in medium bowl. Pour ¼ cup into shallow non-metallic dish. Add chicken; coat both sides. Cover; marinate 15 minutes in refrigerator.

2. Add pineapple slices to bowl; coat both sides.

3. Grill or broil chicken, brushing occasionally with marinade, for 8 minutes. Flip, add pineapple to grill, and cook 8 to 10 minutes more, or until chicken is no longer pink in center and pineapple is golden brown. Discard remaining marinade.

4. Spread dressing on bottom halves of rolls. Top with chicken, peppers, pineapple slices and top halves of rolls.
Combine reserved pineapple juice, oregano and garlic powder in medium bowl. Pour ¼ cup into shallow non-metallic dish. Add chicken; coat both sides. Cover; marinate 15 minutes in refrigerator.

Add pineapple slices to bowl; coat both sides.

Grill or broil chicken, brushing occasionally with marinade, for 8 minutes. Flip, add pineapple to grill, and cook 8 to 10 minutes more, or until chicken is no longer pink in center and pineapple is golden brown. Discard remaining marinade.

Spread dressing on bottom halves of rolls. Top with chicken, peppers, pineapple slices and top halves of rolls.

1 can (8 oz.) DOLE® Pineapple Slices, drained, juice reserved
½ tsp dried oregano leaves, crushed
¼ tsp garlic powder
4 boneless, skinless, small chicken breast halves
½ cup light Thousand Island salad dressing
4 whole grain or whole wheat sandwich rolls
Red or green bell pepper, sliced in rings

Ever wanted to go to Hawaii? You can—at lunch or dinner—with this sandwich. And you’ll pick up vitamins C and B6 as souvenirs.

Makes: 4 SERVINGS
Prep Time: 25 Min
Total Time: 40 Min

Nutrition Highlights (Per serving):
400 CAL, 7 G FAT, 40 G CARB, 6 G FIBER

For full nutrition information, see page 44.
Crunchy Vegetable Burrito Banditos

With these burritos, it’s always time for a flavor fiesta in the kitchen. You can even shout a little “olé” as you add the ingredients packed with vitamins A and C, calcium, fiber and folate.

MAKES: 4 SERVINGS  
PREP TIME: 15 MIN  
TOTAL TIME: 15 MIN

NUTRITION HIGHLIGHTS (PER SERVING): 240 CAL, 7 G FAT, 31 G CARB, 4 G FIBER

For full nutrition information, see page 44.

**ingredients**

- ½ cup shredded carrots
- ½ cup chopped DOLE® Broccoli
- ½ cup chopped DOLE Cauliflower
- 2 green onions, thinly sliced
- 4 oz. shredded nonfat cheddar cheese
- ¼ cup nonfat ranch salad dressing
- ½ tsp chili powder
- 4 (7-inch) whole wheat tortillas
- 1 cup torn DOLE Iceberg Lettuce, bite-size pieces

**directions**

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.

2. Lay tortillas flat on the counter and spoon about ½ cup vegetable mixture and ¼ cup lettuce down the center.

3. Wrap each tortilla around the vegetable mixture.
½ cup shredded carrots
½ cup chopped DOLE® Broccoli
½ cup chopped DOLE Cauliflower
2 green onions, thinly sliced
4 oz. shredded nonfat cheddar cheese
¼ cup nonfat ranch salad dressing
½ tsp chili powder
4 (7-inch) whole wheat tortillas
1 cup torn DOLE Iceberg Lettuce, bite-size pieces

With these burritos, it's always time for a flavor fiesta in the kitchen. You can even shout a little "olé" as you add the ingredients packed with vitamins A and C, calcium, fiber and folate.

Makes: 4 SERVINGS
Prep Time: 15 min
Total Time: 15 min
Nutrition Highlights (Per serving):
240 CAL, 7 G FAT, 31 G CARB, 4 G FIBER

For full nutrition information, see page 44.
Rock Star Chicken-Orange Roll-Ups

These low-fat roll-ups rock in so many ways! First, there’s the super taste. Then there’s the fact that they pack in vitamins A and C. And if you fold over the bottom of the tortilla, they can even double as microphones. Rock on!

MAKES: 4 SERVINGS  PREP TIME: 25 MIN  TOTAL TIME: 25 MIN
NUTRITION HIGHLIGHTS (PER SERVING): 200 CAL, 3 G FAT, 32 G CARB, 3 G FIBER
For full nutrition information, see page 44.

ingredients

1 cooked boneless, skinless chicken breast half
¼ cup Italian salad dressing
1 jar (24.5 oz.) DOLE® Mandarin Oranges, drained
4 (6-inch) whole wheat or flour tortillas
1 cup torn DOLE Romaine Lettuce, bite-size pieces

directions

1 Shred chicken and marinate in salad dressing, in resealable bag, for 15 minutes.

2 Measure 1½ cups mandarin oranges.

3 Divide chicken mixture equally on tortillas. Top each with mandarin oranges and lettuce; roll up.
Ingredients:
- 1 cooked boneless, skinless chicken breast half
- ¼ cup Italian salad dressing
- 1 jar (24.5 oz.) DOLE® mandarin Oranges, drained
- 4 (6-inch) whole wheat or flour tortillas
- 1 cup torn DOLE Romaine Lettuce, bite-size pieces

Directions:

These low-fat roll-ups rock in so many ways! First, there’s the super taste. Then there’s the fact that they pack in vitamins A and C. And if you fold over the bottom of the tortilla, they can even double as microphones. Rock on!

Makes: 4 SERVINGS
Prep Time: 25 min
Total Time: 25 min

Nutrition Highlights (Per serving):
- 200 CAL
- 3 G FAT
- 32 G CARB
- 3 G FIBER

For full nutrition information, see page 44.
Golden Adventure Mix

You don’t need a trail nearby to enjoy this sweet and crunchy mix. But if you are planning an adventure, this snack is rich in fiber and iron to keep you fueled for whatever the day brings.

Makes: 8 Servings  Prep Time: 10 Min  Total Time: 10 Min
Nutrition Highlights (Per Serving): 400 CAL, 15 G FAT, 69 G CARB, 9 G FIBER

For full nutrition information, see page 44.

Ingredients

1 package (8 oz.) DOLE® California Chopped Dates
2 cups whole grain, square-shaped cereal
1 cup whole almonds, toasted
1 cup DOLE Golden or California Seedless Raisins
1 cup dried banana chips
1 cup dried apricots, cut in half

Directions

1 Combine all ingredients in large bowl.

2 Store in tightly sealed container or resealable bag.

You Will Need:

• Large mixing bowl
• Measuring cups
• Knife
• Cutting board
• Storage container or resealable bag
Golden Adventure Mix

You don’t need a trail nearby to enjoy this sweet and crunchy mix. But if you are planning an adventure, this snack is rich in fiber and iron to keep you fueled for whatever the day brings.

Makes: 8 Servings
Prep Time: 10 min
Total Time: 10 min

Nutrition Highlights (Per Serving):
400 CAL, 15 g FAT, 69 g CARB, 9 g Fiber

For full nutrition information, see page 44.

Ingredients:
- 1 package (8 oz.) DOLE® California Chopped Dates
- 2 cups whole grain, square-shaped cereal
- 1 cup whole almonds, toasted
- 1 cup DOLE golden or California Seedless raisins
- 1 cup dried banana chips
- 1 cup dried apricots, cut in half

Directions:
Trees in a Broccoli Forest

Bet these vitamin-packed trees won’t stand for long when paired with a yummy low-fat dip. Timber!

MAKES: 4 SERVINGS  PREP TIME: 15 MIN  TOTAL TIME: 15 MIN
NUTRITION HIGHLIGHTS (PER SERVING):
90 CAL, 2 G FAT, 16 G CARB, 5 G FIBER
For full nutrition information, see page 44.

**Ingredients**

6 DOLE® Mini Cut Carrots, cut in half lengthwise
3 cups DOLE Broccoli Florets
12 cherry tomatoes
3 Tbsps parsley leaves

**Dipping Sauce**

½ cup plain nonfat yogurt
1 Tbsp cornstarch
2 tsps honey
¼ cup barbecue sauce
2 tsps spicy brown mustard

**You Will Need:**
- Small mixing bowl
- Measuring cups and spoons
- Knife
- Cutting board
- 4 serving plates

**Directions**

1. Combine dipping sauce ingredients in a small bowl.

2. Start to arrange trees on serving plate by putting three carrots side-by-side to create the trunks. Then cluster broccoli around tops of carrots like tree tops. Add cherry tomatoes as sunshine near top of plate.

3. Spoon dip around the base of carrots. Tear parsley and sprinkle over dip.
YOU WILL NEED:
- Measuring spoons
- Knife
- Cutting board

**ingredients**

1 Tbsp peanut butter
1 (8-inch) whole wheat tortilla
1 Tbsp strawberry fruit spread or strawberry jelly
3 Tbsps DOLE® California Seedless Raisins
1 large DOLE Banana

**directions**

1 Spread peanut butter on one half of tortilla; spread jelly on other half. Sprinkle raisins over jelly.

2 Peel banana and place at one end of tortilla. Wrap tortilla around the banana.

3 Use a sharp knife to cut into 1-inch-thick slices.
Magical Pink Dip with Veggie Wands

This fantastic dip makes veggies magically disappear. Another trick parents will love: The dip gets its cool color from beets. Serve it as a snack or with lunch or dinner.

MAKES: 20 SERVINGS  PREP TIME: 6 MIN  TOTAL TIME: 6 MIN
NUTRITION HIGHLIGHTS (PER SERVING): 20 CAL, 0 G FAT, 3 G CARB, 1 G FIBER

For full nutrition information, see page 44.

ingredients

½ lb. red beets, peeled and coarsely chopped
1 large scallion, chopped
¼ cup chopped fresh DOLE® Spinach, packed
2 tsps freshly squeezed lemon juice
¼ tsp salt
2 tsps snipped chives
Assorted raw vegetables
¾ cup nonfat cottage cheese

you will need:
• Blender or food processor
• Measuring cups and spoons
• Knife
• Peeler
• Cutting board
• Small serving bowl

directions

1 In a food processor, pulse beets, scallion and spinach until finely chopped.

2 Add cottage cheese, lemon juice and salt, and blend, leaving some texture in dip.

3 Transfer to bowl and stir in chives. Serve with raw vegetables.
This fantastic dip makes veggies magically disappear. Another trick parents will love: The dip gets its cool color from beets. Serve it as a snack or with lunch or dinner.

Makes: 20 Servings
Prep Time: 6 min
Total Time: 6 min

Nutrition Highlights (Per serving):
- 20 CAL
- 0 g FAT
- 3 g CARB
- 1 g Fiber

For full nutrition information, see page 44.

directions

ingredients

½ lb. red beets, peeled and coarsely chopped
1 large scallion, chopped
¼ cup chopped fresh DOLE® Spinach, packed
2 tsps freshly squeezed lemon juice
¼ tsp salt
2 tsps snipped chives

Assorted raw vegetables

¾ cup nonfat cottage cheese
Honey-Lime Fruit Toss

With this snack, you’ll set the family abuzz. Six nutrient-packed fruits blend with a touch of honey for un-bee-table flavor. This fruit toss is also a winner when it comes to vitamins A and C.

Makes: 7 Servings  Prep Time: 10 Min  Total Time: 10 Min
Nutrition Highlights (Per Serving): 110 CAL, 0 G FAT, 28 G CARB, 3 G FIBER
For full nutrition information, see page 44.

Ingredients

- 1 can (20 oz.) DOLE® Pineapple Chunks
- 1 can (11 or 15 oz.) DOLE Mandarin Oranges, drained
- 1 large DOLE Banana, sliced
- 1 kiwi fruit, peeled, halved and sliced
- 1 cup quartered DOLE Strawberries
- ¼ tsp grated lime peel (optional)
- 2 Tbsps fresh lime juice
- 1 Tbsp honey

You Will Need:
- Large serving bowl
- Small mixing bowl
- Knife
- Measuring cups and spoons
- Cutting board
- Zester
- Spoon

Directions

1. Drain pineapple; reserve ¼ cup juice.

2. Combine pineapple chunks, mandarin oranges, banana, kiwi fruit and strawberries in large serving bowl.

3. Stir together reserved pineapple juice, lime peel, lime juice and honey in small bowl. Pour over salad; toss to coat.
**Honey-Lime fruit Toss**

With this snack, you'll set the family abuzz. Six nutrient-packed fruits blend with a touch of honey for unbeatable flavor. This fruit toss is also a winner when it comes to vitamins A and C.

**Makes:** 7 Servings

**Prep Time:** 10 min  
**Total Time:** 10 min

**Nutrition Highlights (Per serving):**  
110 CAL, 0 g FAT, 28 g CARB, 3 g Fiber

For full nutrition information, see page 44.
Gobble-’Em-Up Turkey Meatballs with Spaghetti

Meatballs are an easy place to mix in veggies. Gobble these up for fiber, potassium, calcium, iron and vitamins A and C.

**Makes:** 4 SERVINGS  **PREP TIME:** 20 Min  **TOTAL TIME:** 45 Min

**NUTRITION HIGHLIGHTS (PER SERVING):** 540 CAL, 20 G FAT, 48 G CARB, 8 G FIBER

For full nutrition information, see page 44.

**ingredients**

**YOU WILL NEED:**
- Large mixing bowl
- Knife
- Cutting board
- Measuring cups and spoons
- Baking pan (13x9-inch)
- Nonstick cooking spray
- Oven mitts
- Large skillet

1 package (6 oz.) DOLE® Baby Spinach, divided
1 lb. ground turkey
3 green onions, finely chopped
¼ cup seasoned dry breadcrumbs
¼ cup ketchup
1 tsp dried basil, crushed
½ tsp dried oregano, crushed
½ tsp salt
¼ tsp cayenne pepper
1 jar (24 oz.) marinara sauce
12 oz. whole wheat spaghetti, cooked and drained

**directions**

1. Chop 1 cup spinach and combine in large bowl with ground turkey, green onions, breadcrumbs, ketchup, basil, oregano, salt and cayenne pepper, mixing well. Shape firmly into 12 (1½-inch) balls. Place in 13x9-inch baking dish, sprayed with nonstick cooking spray. Bake at 375ºf, 20 to 25 minutes or until cooked through, turning once or twice.

2. Combine remaining spinach and marinara sauce in large skillet. Cook, stirring occasionally, until spinach is wilted and sauce is heated through.

3. Serve sauce over spaghetti on 4 serving plates and top each with 3 turkey meatballs.
Gobble-'Em-Up Turkey Meatballs with Spaghetti

Meatballs are an easy place to mix in veggies. Gobble these up for fiber, potassium, calcium, iron and vitamins A and C.

Makes: 4 SERVINGS
Prep Time: 20 Min
Total Time: 45 Min

Nutrition Highlights (Per serving):
540 CAL, 20 G FAT, 48 G CARB, 8 G FIBER

For full nutrition information, see page 44.

½ tsp salt
¼ tsp cayenne pepper
1 jar (24 oz.) marinara sauce
12 oz. whole wheat spaghetti, cooked and drained

Ingredients

Directions

1 Chop 1 cup spinach and combine in large bowl with ground turkey, green onions, breadcrumbs, ketchup, basil, oregano, salt and cayenne pepper, mixing well. Shape firmly into 12 (1½-inch) balls. Place in 13x9-inch baking dish, sprayed with nonstick cooking spray. Bake at 375°F, 20 to 25 minutes or until cooked through, turning once or twice.

2 Combine remaining spinach and marinara sauce in large skillet. Cook, stirring occasionally, until spinach is wilted and sauce is heated through.

3 Serve sauce over spaghetti on 4 serving plates and top each with 3 turkey meatballs.
Slammin’ Salmon Burgers

Discover a new burger! Salmon does a body good—and tastes great with our special topping. Add a tomato slice if you like.

MAKES: 6 SERVINGS   PREP TIME: 15 MIN   TOTAL TIME: 20 MIN
NUTRITION HIGHLIGHTS (PER SERVING): 370 CAL, 14 G FAT, 26 G CARB, 2 G FIBER
For full nutrition information, see page 44.

Ingredients

1 slice whole-wheat bread, crust removed
1½ lbs. boneless skinless salmon, cut in 1-inch chunks
½ cup chopped red bell peppers
2 Tbsp chopped DOLE® Onions
1 Tbsp Dijon mustard
Salt and pepper, to taste
½ cup nonfat yogurt, preferably Greek-style
2 Tbsp dill pickle relish
6 whole-wheat hamburger buns
6 leaves DOLE Butter Lettuce

Directions

1 In a food processor, process bread to coarse crumbs. Transfer to a large bowl. Put salmon, peppers, onions, mustard, salt, and pepper in processor and pulse until finely chopped and the mixture sticks together. Stir into bread crumbs.

2 Form 6 patties. Heat a large skillet over medium-high heat, then coat with cooking spray. Cook burgers 2 to 3 minutes per side, or until cooked through.

3 Mix yogurt and pickle relish in a small bowl. Spread on buns. Add a lettuce leaf and a burger to each sandwich.
Slice whole-wheat bread, crust removed

1½ lbs. boneless skinless salmon, cut in 1-inch chunks

½ cup chopped red bell peppers

2 Tbsps chopped DOLE® Onions

1 Tbsp Dijon mustard

Salt and pepper, to taste

½ cup nonfat yogurt, preferably Greek-style

2 Tbsp dill pickle relish

6 whole-wheat hamburger buns

6 leaves DOLE Butter Lettuce

**Ingredients**

**Directions**

Discover a new burger! Salmon does a body good—and tastes great with our special topping. Add a tomato slice if you like.

**Makes:** 6

**Prep Time:** 15 min

**Total Time:** 20 min

**Nutrition:** 370 CAL, 14 G FAT, 26 G CARB, 2 G FIBER

For full nutrition information, see page 44.
Fiesta Fish Tacos

If your store doesn’t have DOLE® Creamy Coleslaw Kit, buy DOLE Classic Coleslaw and mix with ½ cup nonfat yogurt and the juice of ½ lime. For extra flavor, add some sliced avocado to your taco.

MAKES: 6 SERVINGS        PREP TIME: 10 MIN        TOTAL TIME: 20 MIN
NUTRITION HIGHLIGHTS (PER SERVING): 340 CAL, 3.5 G FAT, 47 G CARB, 7 G FIBER
For full nutrition information, see page 44.

Ingredients

1 bag (8.5 oz.) DOLE® Creamy Coleslaw Kit
1½ lbs. white fish fillets such as cod or flounder
1 tsp chili powder
1 tsp ground cumin
1 tsp dried oregano
Salt and pepper, to taste
18 corn tortillas, 6-inch diameter
1 cup bottled salsa
6 lime wedges, for squeezing

Directions

1 Prepare DOLE Creamy Coleslaw Kit according to package directions.

2 Rinse fish and pat it dry. Dust all over with chili powder, cumin, oregano, salt, and pepper. Coat all over with cooking spray. Heat a large nonstick skillet over medium-high heat. When hot, coat skillet with cooking spray and add fish. Cook for 2 to 3 minutes per side, or until fish just starts to flake apart easily.

3 Wrap stack of tortillas in damp paper towels and microwave for 1 minute or until warm. Fill each tortilla with some fish, coleslaw, and salsa. Squeeze on some lime juice, roll up, and enjoy.
If your store doesn’t have DOLE® Creamy Coleslaw Kit, buy DOLE Classic Coleslaw and mix with ½ cup nonfat yogurt and the juice of ½ lime. For extra flavor, add some sliced avocado to your taco.

**Makes:** 6 servings

**Prep Time:** 10 Min

**Total Time:** 20 Min

**Nutrition Highlights (Per Serving):**
- 340 CAL
- 3.5 G FAT
- 47 G CARB
- 7 G FIBER

For full nutrition information, see page 44.

- 1 bag (8.5 oz.) DOLE® Creamy Coleslaw Kit
- 1½ lbs. white fish fillets such as cod or flounder
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- Salt and pepper, to taste
- 18 corn tortillas, 6-inch diameter
- 1 cup bottled salsa
- 6 lime wedges, for squeezing
Very Edgy Veggie Pizza

This cheesy veggie pizza cooks up faster than delivery—and delivers big on calcium and vitamins A and C. So, put a delicious pizza party on the calendar sometime this week.

**MAKES:** 8 SERVINGS  **PREP TIME:** 15 MIN  **TOTAL TIME:** 25 MIN

**NUTRITION HIGHLIGHTS (PER SERVING):** 250 CAL, 11 G FAT, 29 G CARB, 3 G FIBER

For full nutrition information, see page 44.

### ingredients

1. large (12-inch) Italian pizza shell
2. ¾ cup pizza sauce
3. 6 oz. shredded nonfat mozzarella cheese
4. 1 cup chopped DOLE® Broccoli
5. 1 cup shredded carrots
6. ½ cup sliced bell pepper

### directions

1. Preheat the oven to 450°F.

2. Place pizza shell on baking sheet; spoon pizza sauce onto shell. Sprinkle with cheese. Arrange vegetables on top.

3. Bake for 10 minutes, or until cheese is melted. Cool pizza for 3 minutes before slicing into 8 wedges.
Confetti Salad with Crispy Tortilla Strips

Salad doesn’t have to be boring. Wake up those greens with tortilla strips, chopped apple and red pepper for fun crunch plus vitamins A and C. You can even bake the tortillas ahead of time for a super-speedy meal later.

MAKES: 4 SERVINGS  PREP TIME: 20 MIN  TOTAL TIME: 20 MIN  NUTRITION HIGHLIGHTS (PER SERVING): 280 CAL, 5 G FAT, 40 G CARB, 9 G FIBER

For full nutrition information, see page 44.

ingredients

2 burrito-size (10-inch) whole wheat tortillas, rolled up and cut into thin slices
¼ cup plus 2 Tbsps fat-free or reduced-calorie Italian dressing, divided
1 package (12 oz.) DOLE® American, Very Veggie or other DOLE salad variety
1 package (6 oz.) grilled chicken breast strips
2 DOLE Apples, cored and chopped
1 red bell pepper, cut into thin strips

directions

1 Toss tortilla slices with 2 tablespoons dressing; scatter strips onto baking sheet. Bake at 375°F for 5 to 8 minutes or until crisp and lightly browned; cool.

2 Stir together salad blend, chicken, apple, bell pepper, remaining dressing and tortilla strips in large bowl.
Stir-Up-the-Fun Vegetable Mix

Sweet 'N' Sour is a favorite dish for many families. But you don’t need to dig out that takeout menu to enjoy it. This easy recipe dishes up vitamins A, C and K—along with stir-fry flavor and fun.

MAKES: 4 TO 6 SERVINGS  PREP TIME: 5 MIN  TOTAL TIME: 20 MIN
NUTRITION HIGHLIGHTS (PER SERVING): 160 CAL, 9 G FAT, 20 G CARB, 4 G FIBER
For full nutrition information, see page 44.

ingredients

- ¾ cup DOLE® Pineapple Juice
- 1 Tbsp Splenda® or sugar
- 1 Tbsp lemon juice
- 1½ tsps cornstarch
- 1 tsp light soy sauce
- 4 tsps vegetable oil
- 1 cup DOLE Broccoli Florets
- 1 cup sliced DOLE Carrot
- 1½ cups DOLE Cauliflower Florets
- 1 cup sliced DOLE Celery
- 1 cup chunked red bell pepper
- 1 cup DOLE Sugar Snap Peas, stems removed

YOU WILL NEED:  
- Small mixing bowl  
- Measuring cups and spoons  
- Skillet  
- Knife  
- Cutting board

directions

1. Combine the first 5 ingredients in a small bowl; set aside.

2. Heat oil in a skillet over medium-high heat. Add broccoli, carrots, cauliflower and celery; cook for 2 minutes. Add bell pepper and sugar peas; cook for another 2 minutes.

3. Add sauce, bring to a boil and cook for 1 minute, covered. Serve vegetables while hot.
Sweet 'n' Sour is a favorite dish for many families, but you don’t need to dig out that takeout menu to enjoy it. This easy recipe dishes up vitamins A, C and K—along with stir-fry flavor and fun.

Makes: 4 TO 6 SERVINGS
Prep Time: 5 Min
Total Time: 20 Min

Nutrition Highlights (Per serving):
160 CAL, 9 G FAT, 20 G CARB, 4 G FIBER

For full nutrition information, see page 44.

Ingredients

Stir-Up-the-fun vegetable Mix

1 cup sliced DOLE Carrots
1 ½ cups DOLE Cauliflower florets
1 cup sliced DOLE Celery
1 cup chunked red bell pepper
1 cup DOLE Sugar Snap Peas, stems removed

Directions

Combine all ingredients and serve with rice.
Strawberry Cloud Pie

This fluffy mousse pie tastes like a slice of strawberry-banana heaven. And it’s a good source of vitamin C. A little bit of whipped topping makes it out of this world!

**MAKE:** 8 SERVINGS  **PREP TIME:** 30 MIN  **TOTAL TIME:** 4 HR 30 MIN

**NUTRITION HIGHLIGHTS (PER SERVING):** 240 CAL, 10 G FAT, 33 G CARB, 2 G FIBER

For full nutrition information, see page 44.

**ingredients**

1. cup boiling water
2. package (4-serving size) sugar-free strawberry gelatin
3. extra ripe, medium DOLE® Bananas
4. carton (6 oz.) strawberry nonfat yogurt
5. cups thawed light frozen non-dairy whipped topping
6. cup DOLE Frozen Whole or Sliced Strawberries, partially thawed, quartered or sliced
7. (9-inch) prepared pie crust

**directions**

1. Stir water into gelatin in medium bowl until dissolved. Freeze 20 minutes, stirring occasionally.

2. Place bananas in blender or food processor. Cover; blend until smooth (1 cup).

3. Combine yogurt and puréed bananas in large bowl. Blend gelatin mixture into banana mixture. Refrigerate until slightly thickened. Fold whipped topping into gelatin mixture with strawberries.

4. Spoon gelatin mixture into prepared crust. Refrigerate until firm, about 4 hours. Garnish with additional whipped topping and strawberries, if desired.
Pomegranate Peach-sicles

You can open your own frozen dessert shop at home with this recipe. Each fruity layer of these pops is a super treat to eat. So chill out in your kitchen and blend up fat-free frozen fun to enjoy with friends.

Makes: 12 Servings  Prep Time: 2 hr 20 min  Total Time: 4 hr 20 min

Nutrition Highlights (Per Serving):
100 CAL, 0.5 G FAT, 22 G CARB, 1 G FIBER

For full nutrition information, see page 44.

Ingredients

1 jar (24.5 oz.) Dole® Sliced Peaches
1/4 cup Splenda® or sugar
2 cups vanilla nonfat yogurt
2 cups pomegranate juice, chilled

You will need:

- Blender or food processor
- Measuring cups
- 12 paper cups (5 oz.)
- Baking sheet
- 12 wooden frozen treat sticks

Directions

1. Drain peach slices.

2. Combine peaches, yogurt and Splenda or sugar in blender or food processor. Cover; blend until smooth. Pour mixture equally into 12 paper cups. Place on tray and freeze, about 1 hour or until partially set.

3. Insert one wooden stick into center of each cup; freeze one hour longer or until almost solid.

4. Pour pomegranate juice equally into each cup over yogurt mixture. Freeze until firm, 2 hours or overnight. Remove paper cups to serve.

You will need:

- Measuring cups
- 6 parfait glasses (10 oz.)
Striped Pineapple Parfaits

Just four ingredients and five minutes is all it takes to make these pretty parfaits. Bonus: They serve up fiber and vitamin C in a fun way. Enjoy them as a before-bed treat to keep your tummy satisfied until morning.

Makes: 6 servings  Prep Time: 5 min  Total Time: 5 min  Nutrition Highlights (Per Serving): 290 CAL, 10 G FAT, 45 G CARB, 3 G FIBER

For full nutrition information, see page 44.

Ingredients
- 1 container (8 oz.) strawberry or any flavor nonfat yogurt
- 1 cup granola or banana-nut crunch cereal
- 1 tub (8 oz.) light frozen non-dairy whipped topping, thawed
- 2 cups DOLE® Frozen Pineapple Chunks, partially thawed

You will need:
- Measuring cups
- 6 parfait glasses (10 oz.)

Directions
1. Layer yogurt, granola, whipped topping and pineapple chunks in parfait or dessert glasses.
2. Top with whipped topping.
Banana-Berry Dessert Boats

Ready to take a vitamin C- and K-packed dessert trip? This recipe reaches its delicious destination in just 10 minutes. And part of the fun is in getting there—mashing raspberries is step 1, and making it rain raspberry purée comes just before eating it all up.

Makes: 2 servings  Prep Time: 10 min  Total Time: 10 min
Nutrition Highlights (Per Serving): 310 CAL, 4 G FAT, 70 G CARB, 8 G FIBER

For full nutrition information, see page 44.

You will need:
- Measuring cups and spoons
- Mesh strainer
- Rubber spatula
- Medium mixing bowl
- Knife
- Cutting board

Ingredients

1 cup fresh DOLE® Raspberries (or thawed frozen berries)
2 Tbsp Splenda®, honey or sugar
1 cup cubed or sliced kiwi fruit (or substitute fresh pineapple, mangoes, melon, blueberries, etc.)
1 firm, ripe DOLE Banana
1 cup fat-free strawberry sorbet

Directions

1. Mash and press raspberries through a fine mesh strainer over a medium bowl, using a rubber spatula or the back of a spoon. Discard seeds and pulp remaining in strainer. Stir Splenda, honey or sugar into purée until dissolved. Set aside.

2. Arrange fruit in two serving dishes and top with small scoops of sorbet. Drizzle raspberry purée over top or pool on plate.
Banana-Berry Dessert Boats

Ready to take a vitamin C- and K-packed dessert trip? This recipe reaches its delicious destination in just 10 minutes. And part of the fun is in getting there—mashing raspberries is step 1, and making it rain raspberry purée comes just before eating it all up.

Makes: 2 servings
Prep Time: 10 min
Total Time: 10 min

Nutrition Highlights (Per Serving):
310 CAL, 4 G FAT, 70 G CARB, 8 G FIBER

For full nutrition information, see page 44.

1 cup fresh DOLE® Raspberries (or thawed frozen berries)
2 Tbsp Splenda®, honey or sugar
1 cup cubed or sliced kiwi fruit (or substitute fresh pineapple, mangoes, melon, blueberries, etc.)
1 firm, ripe DOLE Banana
1 cup fat-free strawberry sorbet
With colorful chunks of fruit, this punch is fun to ladle and sip. It serves up cool refreshment (not to mention vitamin C) to a whole gang. Put it on the menu for your next party, or invite the team over to refuel and monkey around after sports practice.

**Makes:** 28 Servings  
**Prep Time:** 20 min  
**Total Time:** 20 min

**Nutrition Highlights (Per Serving):** 110 Cal, 0 g Fat, 28 g Carb, 1 g Fiber

For full nutrition information, see page 44.

**Ingredients**

**You Will Need:**
- Punch bowl  
- Knife  
- Cutting board  
- Spoon

1. Carton (64 oz.) DOLE® Pineapple-Orange Banana juice  
2. Bottle (32 oz.) diet lemon-lime soda  
3. Can (6 oz.) frozen limeade concentrate, thawed  
4. Package (16 oz.) DOLE Frozen Sliced Peaches  
5. Package (12 oz.) DOLE Frozen Raspberries  
6. 2 firm, medium DOLE Bananas, peeled and sliced  
7. 2 oranges, peeled and sliced

**Directions**

1. Combine all ingredients in a punch bowl.
2. Stir and serve.
“Bobbing for Bananas” Tropical Punch

1 carton (64 oz.) DOLE® Pineapple-Orange Banana juice
1 bottle (32 oz.) diet lemon-lime soda
1 can (6 oz.) frozen limeade concentrate, thawed
1 package (16 oz.) DOLE Frozen Sliced Peaches
1 package (12 oz.) DOLE Frozen Raspberries
2 firm, medium DOLE Bananas, peeled and sliced
2 oranges, peeled and sliced

With colorful chunks of fruit, this punch is fun to ladle and sip. It serves up cool refreshment (not to mention vitamin C) to a whole gang. Put it on the menu for your next party, or invite the team over to refuel and monkey around after sports practice.

Makes: 28 Servings
Prep Time: 20 Minutes
Total Time: 20 Minutes

Nutrition Highlights (Per Serving):
110 Calories, 0 g Fat, 28 g Carbs, 1 g Fiber

For full nutrition information, see page 44.
Chocolate-Banana Peanut Butter Milkshake

Here’s proof you can blend yummy and nutritious: You get chocolate and peanut butter flavor and a good source of potassium, fiber, vitamin C and calcium all in one glass. Sweet!

**Makes:** 2 servings  **Prep Time:** 5 min  **Total Time:** 5 min

**Nutrition Highlights (per serving):** 330 cal, 12 g fat, 47 g carb, 4 g fiber

For full nutrition information, see page 44.

**Ingredients**

1. cup nonfat chocolate milk or nonfat chocolate soy beverage
2. medium ripe DOLE® Banana
3. cup creamy peanut butter
4. Tbsp honey
5. ice cubes

**Directions**

1. Combine all ingredients in a blender or food processor and process until smooth.

2. Pour into glasses and serve immediately.
Chocolate-Banana Peanut Butter Milkshake

Here’s proof you can blend yummy and nutritious: You get chocolate and peanut butter flavor and a good source of potassium, fiber, vitamin C and calcium all in one glass. Sweet!

Makes: 2 servings
Prep Time: 5 min
Total Time: 5 min

Nutrition Highlights (Per Serving):

- 330 Cal, 12 g Fat, 47 g Carb, 4 g Fiber

For full nutrition information, see page 44.
<table>
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<th>Calories From Fat</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
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**Daily Value:**

- 18% (fruits and vegetables)
- 11% (grains)
- 14% (fat)
- 10% (protein)
- 20% (total carbohydrates)
- 20% (total fat)
- 20% (total sugars)
- 20% (total dietary fiber)
- 20% (cholesterol)
- 20% (sodium)
- 20% (sodium)
- 16% (potassium)
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### Nutritional Information

- **Sugars**
  - 9g
  - 7g
  - 6g
  - 5g
  - 3g
  - 2g
  - 1g
  - 5g
  - 9g

- **Protein**
  - 9g
  - 7g
  - 6g
  - 5g
  - 3g
  - 2g
  - 1g
  - 5g

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<tr>
<td>Selenium</td>
<td>7g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>730mg</td>
</tr>
<tr>
<td>Copper</td>
<td>5g</td>
</tr>
<tr>
<td>Manganese</td>
<td>1g</td>
</tr>
</tbody>
</table>
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