



Banana and Spinach Salad

Prep: 10 min. Bake: 15 min. Makes: 4 servings

- 1 cup pecans
- 2 tablespoons coffee or almond-flavored liqueur
- 1/2 cup dried cranberries
- 2 tablespoons cranberry juice cocktail
- 2/3 cup lowfat raspberry vinaigrette
- 2 DOLE® Bananas, cut into slices
- 1 cup DOLE Mandarin Oranges, drained
- 2 packages (6 oz. each) DOLE Baby Spinach
- 1/2 DOLE Red Onion, thinly sliced

Line shallow pan with foil. Combine pecans and coffee liqueur. Bake at 300 °F until toasted.

Combine cranberries and juice, cover and microwave on HIGH 30 seconds, let sit 5 minutes. Finely chop cranberry mixture in food processor. Stir in vinaigrette.

Toss together cranberry vinaigrette, banana slices and orange sections. Line 4 plates with spinach and onion; top with banana orange mixture. Sprinkle toasted pecans over salad.

Per Serving: 420 calories, 21g fat (2g sat.), 0mg cholesterol, 115mg sodium, 56g carbohydrate (8g dietary fiber, 36g sugars), 6g protein, 170% Vit A, 80% Vit C, 15% calcium, 20% iron, 26% potassium, 50% folate

THE HOME FRONT

Dole Food Company is an active member of the Partnership for Food Safety Education which promotes these steps:



CLEAN

Wash hands with warm water and soap for at least 20 seconds before and after handling food. Wash cutting boards, utensils, and counter tops before you go on to the next food.



SEPARATE

Don't cross-contaminate. Keep raw meat and poultry apart from foods that won't be cooked.



COOK

Cook to proper temperature. Use a food thermometer - you can't tell food is cooked safely by how it looks.



CHILL

Chill leftovers and takeout foods within 2 hours. Keep the fridge at 40 degrees F or below.



THE FOUR FRONTS OF

FOOD SAFETY



1 THE FIELDS



2 THE IMMUNE SYSTEM



3 THE PLANTS



4 THE HOME FRONT



THE FIELDS

Radio frequency identification (RFID) uses GPS to follow produce from field to store shelf.

HARVEST

Field workers tag every bin of just-picked produce. Scanning guns transmit data to our central system, recording the exact harvest time and location.



TRANSPORT

The goal of the "Cold Chain" is to move freshly harvested produce from the fields to the plant in under two hours. RFID tags track timing and temperature.



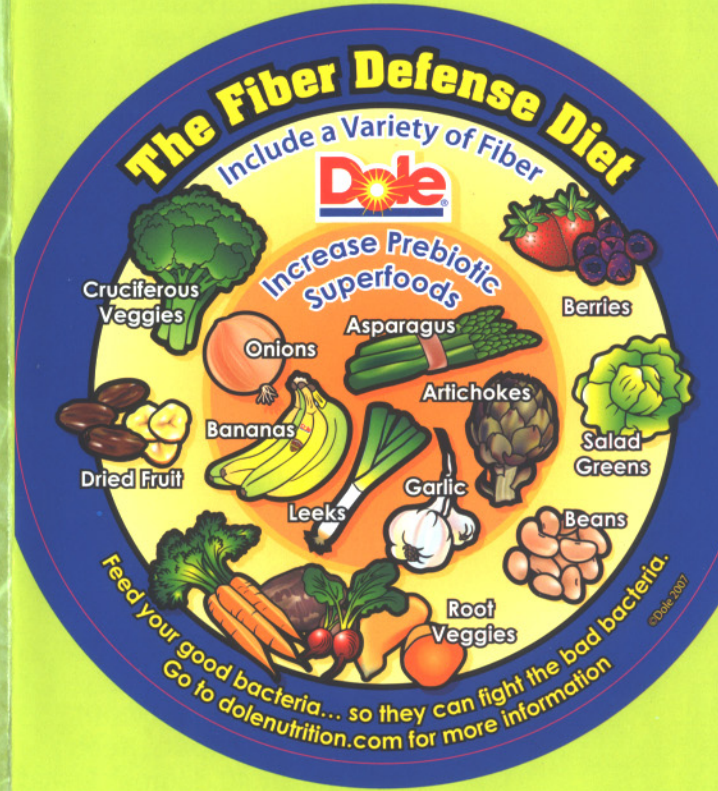
THE IMMUNE SYSTEM

Protect Yourself with Prebiotics



Prebiotic Superfoods are fruits and vegetables that contain inulin, a complex carbohydrate humans cannot digest but which specifically feeds our protective intestinal flora.

Prebiotic fiber is food for probiotic bacteria – the "good" gut bugs that help guard the intestinal track against "bad" gut bugs like E. coli.



Prebiotic Superfoods include bananas, onions, leeks, garlic, asparagus and artichokes.

For maximum benefit eat a broad variety of foods high in fiber such as berries, cruciferous veggies, salad greens and dried fruit.

THE PLANTS

WASHING & PACKAGING

Dole salad plants are cleaned and inspected daily. We wash our leafy greens three times in chilled, purified water that includes anti-bacterial chlorine exposure and then thorough rinsing.



TRACKING

After triple washing and packaging, RFID tracks salad bags with a code that connects the point of sale to the point of harvest. This will let us know not only if a particular farm, but a specific part of the field needs attention.

