

# Banana Use Suggestions



DOLE Bananas are a versatile choice for your shopping cart. They are a delicious choice for snacking, baking and cooking in every stage of ripeness. Plus they include a variety of nutrients that promote heart health, including, vitamin B6, potassium, fiber and vitamin C.



## Green Bananas

Have less sugar and are a great substitute for other starches such as potatoes in cooked dishes.

- Fry
- Bake – chips
- Boil – for starchy side
- Stew – hearty meal

## Yellow Bananas

Traditional eating banana that can be used in a variety of ways.



- Peel and eat
- Pop on a stick – decorate for a festive dessert
- Blend – smoothie, snack, ice cream, soup
- Mash – baby food, energy bites
- Cook – into a stew, lasagna
- Bake – bread, muffins, chips
- Grill – top salads, sandwiches
- Stuff – with sweet or savory toppings then grill or bake
- Roll – up with nut butter for an easy snack
- Chop – salsa



## Speckled Bananas

Higher sugar content makes these bananas a sweet addition to baked items and other desserts.

- Peel and Freeze – smoothie, or any baked good
- Freeze – into a chocolate covered sweet treat
- Bake – dessert, tart, cake, muffin, bread
- Roast – intensifies flavor and sweetness for baked goods
- Fold – into pancakes for natural sweetness
- Blend – into pudding, overnight oats, smoothie, coffee, milk, tea or sauce
- Mash – into spicy dip
- Substitute – for oil in baking



Feature Recipes for lunch, dinner or alternate uses.

## Oven Baked Banana Fries with Creamy Avocado Dip

### Green Bananas



<b>Total Time (minutes)</b> .....	<b>50</b>
<b>Difficulty</b> .....	<b>1*</b>
<b>Servings</b> .....	<b>6</b>
<b>Ingredients</b> .....	<b>7</b>
<b>Total Prep Time</b> .....	<b>10 min.</b>
<b>Calories Per Serving</b> .....	<b>110</b>

#### Ingredients

- 4 firm DOLE® Bananas
- Olive oil cooking spray
- Salt to taste, divided
- Chili powder, to taste ground
- Cumin, to taste
- 1 ripe avocado, peeled and pitted
- 1 clove garlic, peeled and minced
- Juice from ½ lime

#### Directions

- PREHEAT** oven to 375°F. Line a baking pan with parchment paper and spray with olive oil spray.
- PEEL** bananas and cut in half crosswise. Cut each piece in half lengthwise. Set banana, cut side down and slice into wedges of desired thickness. Arrange wedges on the baking sheet.
- SPRAY** wedges with olive oil spray and season with salt, chili powder and cumin. Bake 20 minutes. Use a spatula to flip wedges. Continue baking 15-20 minutes.
- MEANWHILE**, combine avocado, garlic, salt and lime juice in food processor. Cover; blend until smooth. Serve with warm banana fries.

## Stuffed Bananas with Cilantro Sauce

### Yellow Bananas



<b>Total Time (minutes)</b> .....	<b>45</b>
<b>Difficulty</b> .....	<b>1*</b>
<b>Servings</b> .....	<b>6</b>
<b>Ingredients</b> .....	<b>5</b>
<b>Total Prep Time</b> .....	<b>25 min.</b>
<b>Calories Per Serving</b> .....	<b>70</b>

#### Ingredients

- 3 firm DOLE® Bananas, greenish yellow peel
- ½ teaspoon chili powder
- Salt to taste
- 3 tablespoons chopped fresh cilantro
- ½ cup grated fat-free mozzarella cheese
- Cilantro Sauce (recipe below)

#### Directions

- PREHEAT** oven to 400°F or grill to high heat.
- CUT** a deep slit through the peel into the bananas, lengthwise. Open the slit and sprinkle inside with chili powder and salt. Stuff with cilantro and cheese. Wrap bananas in foil. Bake or grill for 20 minutes.
- UNWRAP** bananas, peel and cut each fruit into four pieces and serve with Cilantro Sauce (recipe below).

#### Cilantro Sauce

Combine ½ cup fresh cilantro leaves, ¼ cup sliced DOLE Green Onions, 2 tablespoons lime juice, ½ teaspoon chopped jalapeno, 1 garlic clove in blender or food processor. Cover; blend until smooth.

## Banana Chia Seed Bread

### Speckled Bananas



<b>Total Time (minutes)</b> .....	<b>85</b>
<b>Difficulty</b> .....	<b>1*</b>
<b>Servings</b> .....	<b>12</b>
<b>Ingredients</b> .....	<b>13</b>
<b>Total Prep Time</b> .....	<b>20 min.</b>
<b>Calories Per Serving</b> .....	<b>270</b>

#### Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup soy buttery spread
- ½ cup packed brown sugar
- 2 eggs
- 3 medium, ripe DOLE® Bananas, mashed (about 1½ cups)
- ½ cup chia seeds
- ¼ cup light sour cream
- 1 teaspoon vanilla extract
- 1 cup chopped walnuts or almonds, toasted

#### Directions

- COMBINE** flour, baking powder, baking soda, cinnamon and salt in medium bowl; set aside.
- BEAT** soy spread and sugar in large bowl until light and fluffy. Beat in eggs. Beat in bananas, chia seeds, sour cream and vanilla until blended. Add in flour mixture and nuts; stir until just blended.
- SPOON** into 9 x 5-inch baking pan sprayed with nonstick cooking spray.
- BAKE** at 350°F, 55 to 65 minutes or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes; remove and cool on wire rack.

\* Recipe difficulty is measured from 1-to-5, with 1 being the easiest and 5 the most difficult.