



OUTDOOR  
HEAT

# Living FRESH!



BBQ Chicken Stuffed Smoked  
Pineapple with *Spicy Quick*  
*Pickled Cabbage* pg. 13



# Living FRESH!

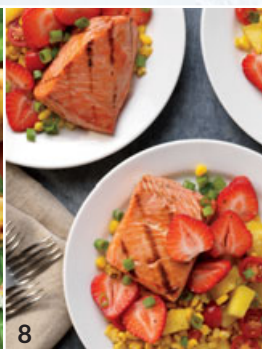
Welcome to **Living Fresh! Outdoor Heat**, a recipe book packed with a variety of healthy, fresh, and flavorful summer grilling ideas to enhance your lineup of barbeque fare. At Dole, we believe in celebrating fresh ingredients, the bounty of the seasons, and better-for-you options. Throughout this edition, you'll find inventive ways to become a grilling guru this summer by adding smoky, char-like flavors to your favorite cookout creations using the nutrient-rich ingredients you know and love.

We understand how busy the summer season can get, which is why we've highlighted recipes that are easy to make and perfect for preparing in advance. You'll also find several recipes that are made with Dole Bananas, Dole Pineapples and Dole Salad Kits that can make it even easier and more convenient for you to create nutritious, BBQ-focused meals.

Whether you're a novice in the kitchen or a culinary master, our recipes appeal to home cooks at any level. We hope this recipe book can be a guide to inspire, delight, and encourage you to enjoy the abundance of fresh seasonal ingredients while expanding your palate to new culinary adventures. From all of us at Dole, we wish you a summer filled with health, happiness, and delicious fresh food!



## what's on the grill?



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## Grilled Zucchini Rolls

**Prep: 25 minutes**

**Grill: 6 minutes • Serves: 16**

- 2½ cups DOLE® Baby Spinach, divided
- ¼ cup packed fresh basil leaves
- 1 package (4 ounces) goat cheese, room temperature
- 3 tablespoons chopped DOLE® Green Onions
- 1½ teaspoons grated lemon peel
- Salt to taste
- 2 tablespoons olive oil
- 1 to 2 garlic cloves, finely chopped
- 4 medium zucchini

1. Process 2 cups spinach leaves and basil in food processor until coarsely chopped. In a mixing bowl, combine goat cheese, spinach mixture, green

onions, lemon peel and a pinch of salt. Set aside.

2. Combine olive oil and garlic. Cut zucchini lengthwise into ¼-inch slices. Save outer slices for another use. With remaining 16 slices, brush both sides with oil mixture; sprinkle with salt. Grill for 3 minutes per side or until tender. Remove and cool slightly.

3. Spoon 1 tablespoon spinach mixture on the end of each zucchini slice. Top with a few of the remaining spinach leaves. Roll up the slices and arrange, seam side down, on a serving platter. Serve room temperature or warmed up for a few minutes in the oven.

*Approximate nutritional values per serving: 50 Calories (35 Calories from Fat), 4g Fat (6%) (1.5g Saturated/8%, 0g Trans, 1.5g Monounsaturated), 5mg Cholesterol (2%), 45mg Sodium (2%), 170mg Potassium (5%), 2g Carbohydrates (1%), 1g Fiber (4%), 1g Sugars, 2g Protein, Vitamin A 15%, Vitamin C 20%, Calcium 4%, Iron 2%, Vitamin K 40%*

When it comes to grilling produce, the possibilities are endless! Take your favorite nutrient-rich fruits and veggies to the grill to impart rich, smoky flavors and create these mouthwatering summer recipes.



# Fresh Grilling

## Grilled Vegetable Flatbread with Sesame-Banana Hummus

Prep: 20 minutes • Serves: 4

- 2 cups halved DOLE® Mushrooms
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon minced garlic
- ¼ teaspoon chili powder
- 4 individual 100% whole grain flatbreads
- Sesame-Banana Hummus (recipe below)
- 1½ cups DOLE® Baby Spinach

1. Toss mushrooms with olive oil, lemon juice, garlic and chili powder. Grill 2 to 3 minutes or until mushrooms soften. Keep warm.
2. Grill flatbread on both sides until heated through. Spread Sesame-Banana Hummus on one side of flatbread. Cover hummus with spinach and top with mushrooms. Serve room temperature.

**Sesame-Banana Hummus:** Combine 1-inch knob peeled ginger, ¼ cup sliced DOLE® Green Onion, ½ cup chopped fresh cilantro, 3 tablespoons tahini paste, 2 garlic cloves, 1 peeled ripe DOLE® Banana, 1 cup small DOLE® Cauliflower florets in a food processor or an emulsifier blender. Process until smooth. Remove and season with lemon juice, grated lemon peel, salt and pepper to taste. Set aside until ready to use.

*Approximate nutritional values per serving: 340 Calories, 120 Calories from Fat, 14g Fat (22%) (2g Saturated/10%, 0g Trans, 4g Polyunsaturated, 7g Monounsaturated), 0mg Cholesterol (0%), 350mg Sodium (15%), 510mg Potassium (15%), 46g Carbohydrates (15%), 5g Fiber (20%), 6g Sugars, 10g Protein, Vitamin A 15%, Vitamin C 40%, Calcium 15%, Iron 20%, Vitamin K 60%, Thiamin 35%, Riboflavin 25%, Niacin 25%, Vitamin B6 15%, Folate 30%, Pantothenic Acid 10%, Phosphorus 20%, Magnesium 10%, Zinc 10%, Selenium 25%, Copper 20%, Manganese 35%*



## Grilled Pineapple and Banana Habanero Sauce

Prep: 20 minutes • Serves: 8

- 2 (1-inch-thick) slices fresh DOLE® Tropical Gold® Pineapple
- 1 DOLE® Banana, cut in half lengthwise
- 1 tablespoon olive oil
- ⅓ cup chopped DOLE® Red Onion
- ¼ cup chopped cilantro
- 2 tablespoons fresh lime juice
- ½ habanero chili pepper, stemmed and seeded
- Salt and ground black pepper to taste

1. Heat grill or broiler to high heat. Brush pineapple slices and flat side of banana with olive oil. Grill for 6 minutes or under broiler for 8 minutes.
2. Coarsely chop pineapple slices and combine with banana, red onion, cilantro, lime juice and chilies in blender or food processor. Cover; blend until smooth. Season with salt and pepper to taste. Refrigerate in an airtight container until ready to use.

*Approximate nutritional values per serving: 50 Calories, 15 Calories from Fat, 2g Fat (3%) (0g Saturated/0%, 0g Trans), 0mg Cholesterol (0%), 0mg Sodium (0%), 125mg Potassium (4%), 10g Carbohydrates (3%), 1g Fiber (4%), 6g Sugars, 1g Protein, Vitamin A 2%, Vitamin C 45%, Calcium 0%, Iron 2%, Manganese 45%*





## Grilled Romaine with Balsamic-Glazed Strawberries

**Prep: 30 minutes • Serves: 6**

- ½ cup balsamic vinegar
- 1 tablespoon chopped shallots
- 2 cups DOLE® Strawberries, quartered
- 1 cup diced fresh DOLE® Tropical Gold® Pineapple
- ¼ cup sliced DOLE® Green Onions
- 2 heads DOLE® Romaine Lettuce
- 1 tablespoon olive oil
- Salt and ground black pepper to taste
- ¼ cup crumbled blue cheese
- 2 tablespoons pumpkin seeds
- 2 tablespoons flaxseeds

**1.** Heat grill to high heat. Combine balsamic vinegar and shallots in small saucepan. Cook over medium heat until sauce is reduced by two-thirds. Remove from heat; stir in strawberries, pineapple and green onions, set aside.

**2.** Cut romaine heads into quarters, lengthwise. Drizzle with olive oil; season with salt and pepper. Grill romaine, cut side down, 4 minutes or until lettuce chars.

**3.** Arrange romaine on serving platter, cut side up. Spoon balsamic-glazed strawberries over romaine and sprinkle with blue cheese, pumpkin seeds and flaxseeds.

*Approximate nutritional values per serving: 110 Calories (40 Calories from Fat), 4.5g Fat (7%) (1.5g Saturated/8%, 0g Trans, 1g Polyunsaturated, 2g Monounsaturated), 5mg Cholesterol (2%), 75mg Sodium (3%), 520mg Potassium (15%), 15g Carbohydrates (5%), 5g Fiber (20%), 8g Sugars, 4g Protein, Vitamin A 270%, Vitamin C 60%, Calcium 8%, Iron 10%, Vitamin K 210%, Thiamin 10%, Folate 60%, Phosphorus 10%, Magnesium 10%, Manganese 35%, Molybdenum 15%*

## Grilled Pineapple Fries with Avocado-Sriracha Dip

**Prep: 15 minutes**

**Grill: 8 minutes • Serves: 4**

- 1 DOLE® Avocado, peeled and pitted
- 1 DOLE® Lime, zested and juiced (about 1½ tablespoons zest and 1 tablespoon juice)
- ¼ cup unsweetened coconut milk yogurt alternative
- 1 tablespoon sriracha
- ½ small DOLE® Pineapple, peeled and cut into 3 x 1-inch wedges
- ¼ teaspoon kosher salt
- ⅛ teaspoon chili powder
- Nonstick cooking spray

1. Prepare outdoor grill for direct grilling over medium-high heat. Purée avocado, lime zest and juice, yogurt and sriracha in a blender on high 1 minute or until smooth. Makes about 1 cup.
2. Toss pineapple, salt and chili powder in a medium bowl; spray with nonstick cooking spray. Place pineapple on hot grill rack; cover and cook 8 minutes or until grill marks appear, turning once.
3. Serve pineapple with dip.



*Approximate nutritional values per serving (4 fries, ¼ cup dip): 157 Calories (82 Calories from Fat), 9g Fat (12%) (2g Saturated/10%, 0g Trans, 2g Polyunsaturated, 5g Monounsaturated), 0mg Cholesterol (0%), 240mg Sodium (10%), 20g Carbohydrates (7%), 390mg Potassium (8%), 6g Fiber (23%), 12g Sugars, 2g Protein (5%), Vitamin A 2%, Vitamin C 70%, Calcium 4%, Iron 2%, Vitamin E 15%, Thiamin 8%, Vitamin B6 10%, Phosphorus 4%, Magnesium 10%, Manganese 40%*

## Grilled Teriyaki Turkey Burgers

**Prep: 25 minutes**

**Grill: 6 minutes • Serves: 4**

- ¼ cup light mayonnaise
- ⅓ cup bottled teriyaki glaze, divided
- 1 package (20 ounces) ground turkey
- ¼ cup bread crumbs
- 3 tablespoons Worcestershire sauce
- 1 egg, beaten
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 4 slices fresh or canned DOLE® Pineapple
- 4 wheat hamburger buns, toasted
- 2 cups DOLE® Butter Bliss® or other Dole Salad Blend
- 4 slices turkey bacon, cooked

1. Mix mayonnaise with 2 teaspoons teriyaki glaze.
2. Combine turkey, bread crumbs, Worcestershire sauce, egg, salt and pepper. Form turkey mixture into 4 (½-inch) patties.
3. Grill over medium-high heat, brushing frequently with remaining teriyaki glaze, 3 minutes on each side



or until cooked to desired doneness. Brush pineapple slices with glaze; grill until golden.

4. Spread mayonnaise mixture on buns. Place a burger on each bun bottom. Top each with salad, bacon and pineapple.

*Approximate nutritional values per serving: 360 Calories (150 Calories from Fat), 17g Fat (26%) (4g Saturated/20%, 0g Trans), 115mg Cholesterol (38%), 1560mg Sodium (65%), 29g Carbohydrates (10%), 3g Fiber (12%), 12g Sugars, 27g Protein, Vitamin A 15%, Vitamin C 50%, Calcium 10%, Iron 20%*



## Grilled Salmon Spice Surprise

**Prep: 15 minutes**

**Grill: 10 minutes • Serves: 4**

- 1 Thai red chili pepper, minced (or 1 tablespoon sweet Thai chili sauce)
- 1 cup cherry tomatoes, cut in half
- 3 tablespoons red wine vinegar, divided
- 2 ears corn, shucked
- 4 (4-ounce) skinless salmon fillets
- 2 cups fresh DOLE® Tropical Gold® Pineapple, diced
- 2 tablespoons olive oil
- 2 cups DOLE® Strawberries, thinly sliced
- ¼ teaspoon freshly ground black pepper
- 2 green onions, chopped

1. Preheat grill to medium-high.
2. Stir together chili pepper, tomatoes and 2 tablespoons red wine vinegar in large bowl. Set aside.
3. Grill corn and salmon, turning once. Cook for 10 to 12 minutes or until salmon flakes and corn is golden brown. Transfer both to a cutting board.
4. Cut kernels off the corn cobs; stir into chili mixture. Stir in pineapple and oil; toss until evenly coated. Evenly divide mixture onto 4 plates; top with salmon.
5. Stir together strawberries, remaining 1 tablespoon vinegar and black pepper; toss to coat. Sprinkle strawberries and green onions evenly over each plate.

*Approximate nutritional values per serving: 350 Calories (0 Calories from Fat), 15g Fat (19%) (2g Saturated/10%, 0g Trans), 60mg Cholesterol (20%), 100mg Sodium (4%), 992mg Potassium (20%), 29g Carbohydrates (11%), 4g Fiber (14%), 16g Sugars, 25g Protein, Vitamin A 0%, Vitamin C 0%, Calcium 4%, Iron 10%, Vitamin D 0%*



## Grilled Banana & Greens Salad

Prep: 20 minutes • Serves: 6

- 3 firm DOLE® Bananas, peeled and cut into ½-inch slices
- ¼ pound DOLE® Asparagus, woody ends trimmed
- Olive oil spray
- 2 small heads or 1 large head DOLE® Romaine, washed and chopped
- ¼ cup walnut pieces
- 3 ounces blue cheese, crumbled
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon grated lemon peel
- Salt and pepper to taste
- ½ cup DOLE® Blackberries

1. Preheat grill to medium.
2. Spray banana slices and asparagus with olive oil spray. Grill 2 minutes per side and remove from heat. Cut asparagus into 1-inch pieces and set aside.
3. Combine romaine with walnuts, blue cheese, banana and asparagus in a large bowl.



4. Combine olive oil, lemon juice and lemon peel in a small bowl. Whisk until blended. Season to taste with salt and pepper.

5. Pour dressing over salad and gently toss.

6. Divide salad between six serving plates and top with blackberries.

*Approximate nutritional values per serving: 230 Calories (140 Calories from Fat), 16g Fat (25%) (4g Saturated/20%, 0g Trans, 4g Polyunsaturated, 7g Monounsaturated), 10mg Cholesterol (3%), 210mg Sodium (9%), 600mg Potassium (17%), 21g Carbohydrates (7%), 5g Fiber (20%), 10g Sugars, 7g Protein, Vitamin A 190%, Vitamin C 25%, Calcium 15%, Iron 10%, Vitamin K 150%, Thiamin 10%, Riboflavin 10%, Vitamin B6 20%, Folate 45%, Phosphorus 15%, Magnesium 10%, Manganese 35%*



## Charred Summer Salad

Prep: 40 minutes • Serves: 6

- 2 cups DOLE® Cauliflower, cut into florets
- 2 cups DOLE® Broccoli, cut into florets
- 2 DOLE® Carrots, sliced diagonally
- 2 cups cubed DOLE® Watermelon
- 2 cups cubed fresh DOLE® Tropical Gold® Pineapple
- 2 peaches, quartered
- 4 DOLE® Strawberries
- 2 tablespoons olive oil
- 1 teaspoon curry powder
- 2 heads DOLE® Romaine Lettuce, cut in quarters lengthwise
- Grilled Banana-Cilantro Pesto (recipe follows)
- ¼ cup crumbled feta cheese

1. Heat grill to high heat. Randomly slide cauliflower, broccoli, carrots, watermelon, pineapple, peaches

and strawberries onto skewers. Lightly brush with olive oil and sprinkle with curry powder.

2. Grill skewers 5 to 7 minutes or until charred and softened. Move skewers to an area of the grill to stay warm. Grill romaine lettuce 4 minutes or until charred.

3. Chop romaine and transfer to serving platter and season to taste with salt and pepper.

4. Remove vegetables from skewers and arrange over romaine; spoon on Grilled Banana-Cilantro Pesto (recipe below) and sprinkle with feta. Serve either warm or at room temperature.

**Grilled Banana-Cilantro Pesto:** With peel on, place 1 DOLE® Banana on grill. Grill about 10 minutes or until peel is completely blackened. Cut banana in half, lengthwise, and scoop out fruit into blender. Discard peel. Add ¼ cup sliced DOLE® Green Onions, 1 cup fresh cilantro leaves, 1 tablespoon lime juice, 1 tablespoon grated lime peel, 2 teaspoons curry powder and 1 garlic clove. Cover; blend until smooth. For thinner consistency, add water, one tablespoon at a time, to desired consistency.

*Approximate nutritional values per serving: 210 Calories (60 Calories from Fat), 7g Fat (11%) (1.5g Saturated/8%, 0g Trans, 1g Polyunsaturated, 3.5g Monounsaturated), 5mg Cholesterol (2%), 125mg Sodium (5%), 1130mg Potassium (32%), 36g Carbohydrates (12%), 9g Fiber (36%), 21g Sugars, 7g Protein, Vitamin A 450%, Vitamin C 170%, Calcium 15%, Iron 20%, Vitamin E 10%, Vitamin K 350%, Thiamin 20%, Riboflavin 20%, Niacin 10%, Vitamin B6 25%, Folate 90%, Pantothenic Acid 10%, Phosphorus 15%, Magnesium 20%, Copper 15%, Manganese 60%, Molybdenum 25%, Chloride 10%*

## Grilled Pineapple & Stone Fruit- Pistachio Crumble

**Prep: 15 minutes**

**Grill: 12 minutes • Serves: 4**

- Nonstick cooking spray
- ⅓ cup raw unsalted pistachios
- ¼ cup oat flour
- ¼ cup whole wheat flour
- 2 tablespoons sliced almonds
- 1 tablespoon coconut sugar
- ¼ teaspoon kosher salt
- 2 tablespoons cold buttery spread
- 1 DOLE® Apricot, pitted and quartered
- 1 DOLE® Peach, pitted and quartered
- 1 DOLE® Plum, pitted and quartered
- ¼ DOLE® Pineapple, peeled, cored and cut crosswise into 1-inch-thick slices

1. Prepare outdoor grill for direct grilling over medium-high heat. Spray 13 x 9-inch baking dish with cooking spray. Pulse pistachios, flours, almonds, sugar and salt in a food processor until small crumbs form; add buttery spread and pulse until pea-sized crumbs form. Makes about 1½ cups.

2. Spray fruit with cooking spray; place on hot grill rack, cover and cook 4 minutes or until grill marks appear, turning once.

3. Transfer fruit to prepared dish; sprinkle with pistachio mixture. Place baking dish on hot grill rack; cover and cook 8 minutes or until pistachio mixture is lightly browned. Makes about 5½ cups.

*Approximate nutritional values per serving (1⅓ cups):*  
235 Calories (119 Calories from Fat), 14g Fat (17%)  
(3g Saturated/13%), 0g Trans Fat, 3g Polyunsaturated Fat,  
3g Monounsaturated Fat, 0mg Cholesterol (0%), 186mg Sodium (8%),  
250mg Potassium (5%), 27g Carbohydrates (10%), 4g Fiber (15%),  
13g Sugars, 5g Protein (10%), Vitamin A 2%, Vitamin C 30%,  
Calcium 2%, Iron 6%, Vitamin E 8%, Thiamin 8%, Vitamin B6 6%,  
Phosphorus 4%, Magnesium 8%, Manganese 40%





## Sunflower Grilled Shrimp with Blackberries

**Prep: 20 minutes**

**Grill: 3 minutes • Serves: 4**

- 8 (6-inch) wooden skewers
- 16 jumbo shrimp, peeled and deveined
- Citrus-Ginger Marinade (recipe follows)
- 1 package DOLE® Chopped Sunflower Crunch Salad Kit
- 2 cups DOLE® Blackberries
- 1 cup cooked black beans

1. Assemble shrimp on skewers, 2 shrimp per skewer. Reserve  $\frac{1}{3}$  cup Citrus-Ginger Marinade. Pour remaining marinade over shrimp and set aside while preparing grill, about 20 minutes.

2. Prepare grill to medium high. Grill shrimp for  $1\frac{1}{2}$  minutes per side or until pink; set aside.

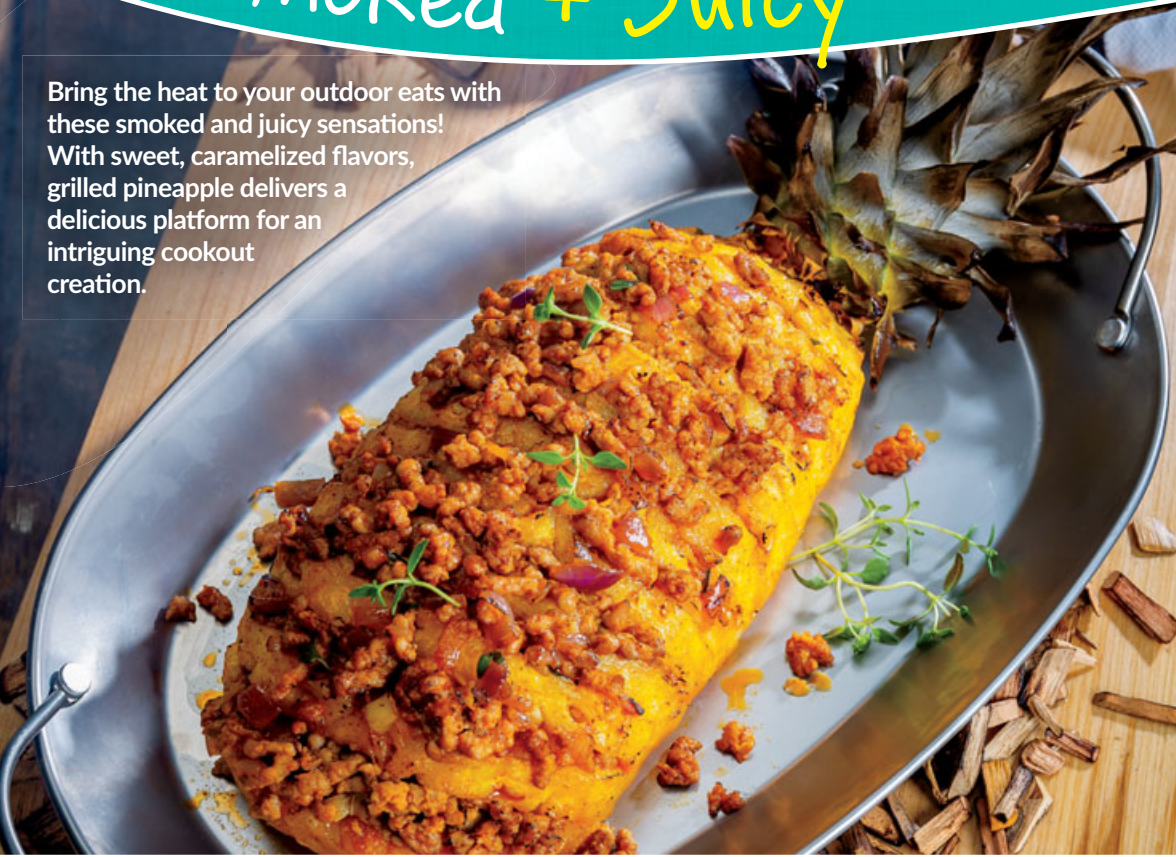
3. Toss together greens and dressing from kit, blackberries and black beans. Divide between four serving plates. Brush reserved marinade over grilled shrimp and arrange two skewers on top of salad, garnishing with wontons and almonds from kit. Serve immediately.

**Citrus-Ginger Marinade:** Combine 2 tablespoons lime juice, 2 tablespoons olive oil,  $1\frac{1}{2}$  tablespoons honey,  $1\frac{1}{2}$  tablespoons chopped DOLE® Green Onions, 1 tablespoon water, 1 tablespoon grated lime peel, 1 teaspoon grated fresh ginger, and  $\frac{1}{2}$  teaspoon minced garlic in blender or food processor. Cover; blend until smooth. Season with salt to taste.

*Approximate nutritional values per serving: 380 Calories (190 Calories from Fat), 21g Fat (32%) (3g Saturated/15%, 0g Trans), 45mg Cholesterol (15%), 410mg Sodium (17%), 490mg Potassium (14%), 40g Carbohydrates (13%), 9g Fiber (36%), 19g Sugars, 13g Protein, Vitamin A 80%, Vitamin C 70%, Calcium 8%, Iron 15%, Vitamin K 160%, Thiamin 10%, Vitamin B6 10%, Folate 35%, Vitamin B12 6%, Magnesium 15%, Zinc 10%, Manganese 40%*

# Smoked + Juicy

Bring the heat to your outdoor eats with these smoked and juicy sensations! With sweet, caramelized flavors, grilled pineapple delivers a delicious platform for an intriguing cookout creation.



## Smoked Hasselback Pineapple with Spiced Turkey Chorizo & Onion

**Prep: 20 minutes**

**Grill: 1 hour 45 minutes • Serves: 4**

- 4 cups favorite wood chips
  - 1 pound 93% lean ground turkey breast
  - 1 small DOLE® Red Onion, diced
  - 2 tablespoons olive oil
  - 2 teaspoons fresh thyme leaves
  - 2 teaspoons smoked paprika
  - 1 teaspoon ancho chile powder
  - 1 teaspoon ground cumin
  - ½ teaspoon kosher salt
  - 1 large DOLE® Pineapple, top on, peeled and halved lengthwise
- Chopped fresh cilantro for garnish (optional)

1. Cover wood chips with water in a large bowl; soak as label directs. Prepare outdoor grill for indirect grilling over medium heat.

2. Stir turkey, onion, oil, thyme, paprika, chile powder, cumin and salt in a medium bowl.

3. Drain wood chips; place 2 cups in foil boat or pie tin and place on hot grill rack over lit side of grill (place chips directly on coals for charcoal grill). Place pineapple halves, flat side down, on cutting board; cut crosswise slices into pineapple halves, about ½ inch apart, cutting only ¾ of the way through. Place medium bowl upside down; 1 at a time, place pineapple halves, flat side down, over bowl to separate slits. Fill slits with turkey mixture.

4. Place pineapple halves, flat side down, on hot grill rack over unlit side of grill; cover and cook 1 hour 45 minutes or until turkey mixture is golden brown and internal temperature reaches 165°F, rotating once and adding remaining chips halfway through cooking.

5. Transfer pineapple halves to cutting board; cut crosswise in half. Serve pineapple garnished with cilantro, if desired.

*Approximate nutritional values per serving (¼ hasselback pineapple): 296 Calories (123 Calories from Fat), 14g Fat (18%) (2g Saturated/11%, 0g Trans, 1g Polyunsaturated, 5g Monounsaturated), 40mg Cholesterol (13%), 320mg Sodium (14%), 30g Carbohydrates (11%), 481mg Potassium (10%), 4g Fiber (14%), 21g Sugars, 21g Protein, Vitamin A 6%, Vitamin C 110%, Calcium 4%, Iron 10%, Vitamin E 10%, Thiamin 15%, Vitamin B6 15%, Phosphorus 2%, Magnesium 8%, Manganese 80%*



**Tip:** Fresh pineapple contains an enzyme called Bromelain that breaks down proteins and can tenderize meats. If left in contact with the pineapple too long, meats can take on an undesirable consistency, so it's best to cook them separately.

## BBQ Chicken Stuffed Smoked Pineapple with Spicy Quick Pickled Cabbage

**Prep:** 25 minutes plus standing and chilling

**Grill:** 1 hour 15 minutes • **Serves:** 4

- ½ cup red wine vinegar
- 1 tablespoon coconut sugar
- ½ teaspoon kosher salt
- 4 garlic cloves, smashed
- 2 bay leaves
- 1 teaspoon whole black peppercorns
- 1 small DOLE® Red Onion, halved and thinly sliced
- 2 small serrano peppers, minced
- ½ small head red cabbage, cored and thinly sliced
- 4 cups favorite wood chips
- 2 cups shredded rotisserie chicken breast
- ½ cup barbeque sauce
- 1 large DOLE® Pineapple
- 3 (4-inch) wooden skewers

1. Whisk ¼ cup vinegar, sugar, salt and 1 cup water in a large bowl; add garlic, bay leaves and peppercorns. Add onion, serrano peppers and cabbage; toss. Let cabbage mixture stand at room temperature 3 hours, tossing occasionally. Cover and refrigerate at least 1 hour or up to overnight before serving. Makes about 4 packed cups.

2. Cover wood chips with water in a large bowl; soak as label directs.

3. Prepare outdoor grill for indirect grilling over medium heat. Drain wood chips; place 2 cups chips in grill (in foil packet or pie tin for gas or directly on coals for charcoal). Stir chicken and ¼ cup barbeque sauce in a medium bowl; tightly enclose in 12 x 24-inch sheet of nonstick aluminum foil.

4. Cut 1-inch crosswise slice from top of pineapple; reserve. Leaving at least 1-inch pineapple flesh, core pineapple using a pineapple corer or paring knife; remove pineapple skin. Replace top of pineapple; secure with skewers.

5. Place pineapple on hot grill rack over unlit side of grill; cover and cook 1 hour or until very tender, adding remaining chips halfway through cooking. Transfer pineapple to hot grill rack over lit side of grill; brush with remaining ¼ cup barbeque sauce. Place chicken foil packet on hot grill rack over lit side of grill; cover and cook 15 minutes or until chicken mixture is heated through, turning pineapple occasionally.

6. Transfer pineapple to cutting board; remove top and fill with chicken mixture. Slice stuffed pineapple crosswise into 8 slices; serve with Spicy Quick Pickled Cabbage.

*Approximate nutritional values per serving (2 slices stuffed pineapple, 1 cup cabbage):* 314 Calories (22 Calories from Fat), 2g Fat (3%) (1g Saturated/3%, 0g Trans Fat, 1g Polyunsaturated Fat, 1g Monounsaturated Fat), 54mg Cholesterol (18%), 822mg Sodium (36%), 56g Carbohydrates (20%), 853mg Potassium (18%), 6g Fiber (21%), 40g Sugars, 21g Protein, Vitamin A 8%, Vitamin C 190%, Calcium 8%, Iron 15%, Vitamin E 4%, Thiamin 25%, Vitamin B6 40%, Phosphorus 15%, Magnesium 15%, Manganese 110%

# Block Party Dishes



From globally inspired dishes to vibrant, patriotic creations, these creative, flavorful recipes are perfect for picnics, block parties or any summer gathering.

## No-Cook Marinated Couscous Bowl

**Prep: 20 minutes • Serves: 4**

- 1 DOLE® Lemon, juiced (about ¼ cup)
  - 1 cup couscous
  - 2 DOLE® Oranges
  - 2 tablespoons olive oil
  - 1 tablespoon mild harissa plus additional for serving
  - ¾ teaspoon salt
  - ¼ teaspoon ground black pepper
  - 2 cups small DOLE® Cauliflower florets
  - ½ cup drained and rinsed reduced sodium chickpeas
  - ½ cup drained pitted kalamata olives
  - ¼ cup chopped roasted unsalted pistachios
1. Whisk lemon juice and ¾ cup water in a medium bowl; stir in couscous and let stand 15 minutes. Fluff couscous with a fork. Makes about 4 cups.

2. Slice off ends of 1 orange; place cut side down on cutting board. Slice down sides of orange to remove skin and white pith with a paring knife. Hold orange over a small bowl; gently cut along sides of membranes to release each segment. Squeeze remaining orange membrane portion to release juice into a large bowl.

3. Squeeze juice from remaining orange into same large bowl (you should have about ½ cup juice); whisk in oil, harissa, salt and pepper. Add cauliflower, chickpeas, olives, couscous and orange segments with their juice; toss. Serve couscous mixture topped with pistachios. Makes about 6 cups.

*Approximate nutritional values per serving (1½ cups): 362 Calories (134 Calories from Fat), 15g Fat (19%) (2g Saturated/8%, 0g Trans, 4g Polyunsaturated, 24g Monounsaturated), 0mg Cholesterol (0%), 732mg Sodium (32%), 289mg Potassium (6%), 49g Carbohydrates (18%), 5g Fiber (19%), 7g Sugars, 9g Protein, Vitamin C 60%, Calcium 4%, Iron 6%, Vitamin E 8%, Thiamin 10%, Vitamin B6 8%, Phosphorus 8%, Magnesium 8%, Manganese 20%*

## Red, White & Berry Salad

**Prep: 10 minutes • Serves: 4**

- 1 package (12 ounces) DOLE® Chopped Sweet Kale Kit™
- 1 cup DOLE® Blueberries
- 1 cup DOLE® Raspberries
- 1 cup sliced DOLE® Strawberries
- ¼ cup crumbled fat-free feta cheese

1. Prepare Chopped Kit as package directs. Makes about 4 cups.
2. Serve Chopped Kit topped with remaining ingredients.

*Approximate nutritional values per serving (1 cup salad, ¾ cup berries, 1 tablespoon cheese): 176 Calories (58 Calories from Fat), 6g Fat (8%) (1g Saturated/4%, 0g Trans), 7mg Cholesterol (2%), 331mg Sodium (14%), 25g Carbohydrates (9%), 138g Potassium (3%), 6g Fiber (22%), 16g Sugars, 7g Protein, Vitamin A 50%, Vitamin C 80%, Calcium 10%, Iron 8%, Vitamin E 4%, Thiamin 2%, Vitamin B6 4%, Phosphorus 2%, Magnesium 4%, Manganese 20%*



## 4th of July Fruit Tart

**Prep: 25 minutes plus cooling  
Bake: 25 minutes • Serves: 8**

- Nonstick cooking spray
- ½ cup sliced almonds
- 2 tablespoons unsweetened coconut flakes
- ½ cup mashed DOLE® Avocado
- 1½ tablespoons honey
- 1 cup old-fashioned rolled oats
- 1 teaspoon ground cinnamon
- 1 container (5.3 ounces) vanilla almond milk yogurt alternative
- 2 DOLE® Bananas, cut into thirds
- 1 teaspoon vanilla extract
- 2 teaspoons powdered gelatin
- ½ cup unsweetened almond milk
- ½ cup sliced DOLE® Strawberries
- ½ cup DOLE® Blueberries

1. Preheat oven to 325°F. Spray 9-inch tart pan or round baking dish with nonstick cooking spray. Process almonds and coconut in food processor 30 seconds or until fine crumbs form.
2. Whisk avocado and honey in a medium bowl; stir in oats, ½ teaspoon cinnamon and almond-coconut mixture. Press into bottom and up sides of prepared pan; bake 25 minutes or until edges are golden brown. Cool completely.
3. Purée yogurt, bananas, vanilla extract and remaining ½ teaspoon cinnamon in a blender on high 1 minute or until smooth; transfer to medium bowl. Makes about 1¼ cups.

4. Sprinkle gelatin over 2 tablespoons cold water in a cup; let stand 5 minutes. Heat almond milk in small saucepan over medium heat 5 minutes or until hot; whisk in gelatin mixture until dissolved, then whisk into yogurt mixture. Pour filling into crust; refrigerate at least 2 hours or until set.
5. Arrange strawberries and blueberries on top of tart; cut into 8 slices.

*Approximate nutritional values per serving (1 slice): 182 Calories (77 Calories from Fat), 9g Fat (11%) (2g Saturated/8%, 0g Trans, 1g Polyunsaturated, 4g Monounsaturated), 0mg Cholesterol (0%), 26mg Sodium (1%), 300mg Potassium (6%), 25g Carbohydrates (9%), 5g Fiber (16%), 11g Sugars, 4g Protein, Vitamin A 2%, Vitamin C 10%, Calcium 4%, Iron 4%, Vitamin E 15%, Thiamin 8%, Vitamin B6 10%, Phosphorus 8%, Magnesium 10%, Manganese 15%*

**Tips:** To make this recipe vegetarian, simply use agar-agar in place of the gelatin and increase the standing time in step 4 to 8 minutes.

For a decorative topping, try melting 2 tablespoons dark chocolate chips and drizzling over the tart before slicing.



## Banana-Peanut Spread

Prep: 15 minutes • Serves: 12

- 2 DOLE® Bananas, ripe and peeled
- 1 cup chunky peanut butter
- 2 ounces low fat cream cheese, softened
- ¼ cup DOLE® Seedless Raisins
- 2 to 4 tablespoons Vanilla ALMOND BREEZE® Almond Milk
- ¼ teaspoon ground cinnamon
- Whole wheat graham crackers or English muffins
- Honey or jam (optional)

1. Slice bananas into bowl. Stir together with peanut butter, cream cheese, raisins, almond milk and cinnamon.
2. Spread desired amount on crackers or toasted English muffins. Drizzle with honey or jam, if desired.

*Approximate nutritional values per serving: 160 Calories (100 Calories from Fat), 11g Fat (17%) (2g Saturated/10%, 0g Trans), 5mg Cholesterol (2%), 30mg Sodium (1%), 12g Carbohydrates (4%), 2g Fiber (8%), 6g Sugars, 6g Protein, Vitamin A 0%, Vitamin C 2%, Calcium 2%, Iron 2%, Niacin 15%, Magnesium 10%, Manganese 25%*



## Greek Shrimp Lettuce Wraps

Prep: 15 minutes • Serves: 4

- ½ English cucumber, grated
- ¼ cup plain nonfat Greek yogurt
- ½ teaspoon fresh ground black pepper
- 1 package (10.3 ounces) DOLE® Chopped Greek Kit
- ½ pound cooked 31-40 count tail-off peeled and deveined shrimp, thawed if necessary
- 1 can (15 ounces) no salt added chickpeas, drained and rinsed
- 1 cup quartered cherry tomatoes
- ¼ cup chopped DOLE® Red Onion
- 16 large DOLE® Butter Lettuce leaves

1. Stir cucumber, yogurt and ¼ teaspoon pepper in a small bowl. Makes about 1½ cups.
2. Prepare Chopped Kit as package directs. Add shrimp, chickpeas, tomatoes and onion; toss. Makes about 7½ cups.
3. Fill lettuce leaves with shrimp mixture; top with cucumber-yogurt mixture and sprinkle with remaining ¼ teaspoon pepper.

*Approximate nutritional values per serving (4 lettuce wraps): 301 Calories (91 Calories from Fat), 10g Fat (13%) (2g Saturated/9%, 0g Trans), 119mg Cholesterol (40%), 453mg Sodium (20%), 27g Carbohydrates (10%), 647g Potassium (14%), 7g Fiber (26%), 5g Sugars, 25g Protein, Vitamin A 100%, Vitamin C 20%, Calcium 15%, Iron 25%, Thiamin 8%, Vitamin B6 4%, Phosphorus 10%, Magnesium 10%, Manganese 6%*







## Banana Peel Carne Machada

**Prep: 30 minutes plus soaking and standing**

**Cook: 15 minutes • Serves: 4**

- 8 DOLE® Banana peels, washed
- ¼ cup apple cider vinegar
- 4 garlic cloves, minced
- 3 tablespoons olive oil
- 1 tablespoon chili lime adobo seasoning
- 2 teaspoons ground cumin
- ½ teaspoon ground cayenne pepper
- 1 large DOLE® White Onion, chopped
- 4 Roma tomatoes, chopped
- 2 packages (8.5 ounces each) brown basmati ready rice
- 1 cup chopped DOLE® Pineapple
- 2 tablespoons chopped fresh cilantro (optional)

1. Soak banana peels in 2 tablespoons vinegar and 8 cups water in a large bowl 1 hour; drain and scrape off white layer from peels with a spoon. Shred the peels with a fork on a cutting board; cut into 2-inch pieces crosswise.

2. Toss garlic, 2 tablespoons oil, adobo seasoning, cumin, cayenne, banana peels and remaining 2 tablespoons vinegar in a large bowl; let stand 30 minutes.

3. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat; add onion and cook 5 minutes or until tender and starting to brown, stirring occasionally. Add tomatoes and banana peel mixture; cook 10 minutes or until peels are tender. Makes about 4 cups.

4. Prepare rice as package directs; transfer to medium bowl. Stir pineapple and cilantro, if desired, into rice. Makes about 4 cups.

5. Serve banana peel mixture over rice.

*Approximate nutritional values per serving (1 cup banana mixture, 1 cup rice): 460 Calories (125 Calories from Fat), 14g Fat (18% (2g Saturated/10%, 0g Trans Fat, 1g Polyunsaturated, 7g Monounsaturated), 0mg Cholesterol (0%), 156mg Sodium (7%), 81g Carbohydrates (29%), 710mg Potassium (15%), 8g Fiber (29%), 22g Sugars, 8g Protein, Vitamin A 4%, Vitamin C 45%, Calcium 6%, Iron 10%, Vitamin E 15%, Thiamin 20%, Vitamin B6 35%, Phosphorus 6%, Magnesium 10%, Manganese 40%*



## Pineapple Carpaccio

**Prep: 10 minutes**

**Cook: 3 minutes • Serves: 8**

- 3 tablespoons olive oil
- 2 tablespoons white balsamic vinegar
- $\frac{1}{4}$  cup pine nuts
- 1 cup DOLE® Arugula
- $\frac{1}{2}$  small DOLE® Pineapple, peeled, quartered, cored and very thinly sliced crosswise

1. Whisk oil and vinegar in a small bowl. Makes about  $\frac{1}{2}$  cup.
2. Toast pine nuts in a small skillet over medium-low heat 3 minutes or until golden brown and fragrant,

stirring frequently; transfer to plate to cool.

3. Toss arugula and half the oil-vinegar mixture in a medium bowl.

4. Arrange pineapple slices on a serving plate; drizzle with remaining oil-vinegar mixture. Top pineapple with arugula mixture; sprinkle with pine nuts.

*Approximate nutritional values per serving (9 slices pineapple, 2 tablespoons arugula mixture,  $1\frac{1}{2}$  teaspoons pine nuts):*  
98 Calories (71 Calories from Fat), 8g Fat (10%) (1g Saturated/5%, 0g Trans, 2g Polyunsaturated, 4g Monounsaturated), 0mg Cholesterol (0%), 2mg Sodium (0%), 7g Carbohydrates (3%), 72mg Potassium (2%), 1g Fiber (3%), 5g Sugars, 1g Protein, Vitamin C 25%, Calcium 2%, Iron 2%, Vitamin E 8%, Thiamin 4%, Vitamin B6 4%, Phosphorus 2%, Magnesium 4%, Manganese 35%



## Oven-Dried Fruit Leather

**Prep: 15 minutes**

**Oven Drying: 10 hours • Serves: 16**

Nonstick cooking spray

### Berry-Pineapple

- ½ DOLE® Lemon, juiced (about 2 tablespoons)
- 1 cup chopped DOLE® Strawberries
- ½ cup chopped DOLE® Pineapple
- ½ cup DOLE® Raspberries
- ¼ cup maple syrup

### Apple-Blueberry

- 1 DOLE® Red Apple, peeled, cored and chopped
- 1 cup DOLE® Blueberries
- ¼ cup honey

1. Set oven to lowest baking temperature (about 170°F). Line a rimmed baking pan with a silicone baking mat or parchment paper; lightly spray with nonstick cooking spray.
2. Purée Berry-Pineapple or Apple-Blueberry Leather ingredients in a food processor on high 1 minute or until smooth; pour into prepared pan and spread to ¼-inch thick with a spatula.
3. Place pan in oven; crack the oven door open and bake 10 hours or until fruit mixture is dry and no longer sticky. Transfer mat with leather to a cutting board; cut into 16 (4½ x 2-inch) pieces. Store leather between parchment paper in an airtight container up to 1 week.

**Berry-Pineapple approximate nutritional values per serving (1 piece):** 21 Calories (0 Calories from Fat), 0g Fat (0%) (0g Saturated/0%, 0g Trans), 0mg Cholesterol (0%), 1mg Sodium (0%), 5g Carbohydrates (2%), 39mg Potassium (1%), 1g Fiber (2%), 4g Sugars, 0g Protein, Vitamin C 3%, Calcium 1%, Iron 1%, Thiamin 1%, Vitamin B6 1%, Magnesium 1%, Manganese 13%

**Apple-Blueberry approximate nutritional values per serving (1 piece):** 28 Calories (0 Calories from Fat), 0g Fat (0%) (0g Saturated/0%, 0g Trans), 0mg Cholesterol (0%), 0mg Sodium (0%), 7g Carbohydrates (2%), 24mg Potassium (1%), 1g Fiber (2%), 6g Sugars, 0g Protein, Vitamin C 4%, Manganese 2%



## Grilled Banana Parfait

**Prep: 20 minutes**

**Grill: 6 minutes • Serves: 4**

- 2 DOLE® Bananas
- ½ teaspoon ground cinnamon
- 1 cup fat-free vanilla Greek yogurt
- 1 cup sliced DOLE® Strawberries
- 1 cup DOLE® Blueberries
- ½ cup low fat granola
- 1 teaspoon honey
- 3 tablespoons pomegranate seeds
- 4 mint leaves

1. Heat grill to high heat. Slice bananas on the diagonal, lengthwise. Sprinkle with cinnamon and grill for 3 minutes on each side.

2. Layer banana, yogurt, strawberries, blueberries, granola, honey, pomegranate seeds and mint leaves in parfait glasses. Serve immediately.

**Approximate nutritional values per serving:** 190 Calories (10 Calories from Fat), 1.5g Fat (2%) (0g Saturated/0%, 0g Trans), 0mg Cholesterol (0%), 50mg Sodium (2%), 430mg Potassium (12%), 40g Carbohydrates (13%), 5g Fiber (20%), 23g Sugars, 7g Protein, Vitamin A 6%, Vitamin C 50%, Calcium 8%, Iron 6%, Vitamin K 10%, Thiamin 10%, Riboflavin 10%, Niacin 10%, Vitamin B6 40%, Folate 30%, Vitamin B12 30%, Manganese 45%



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