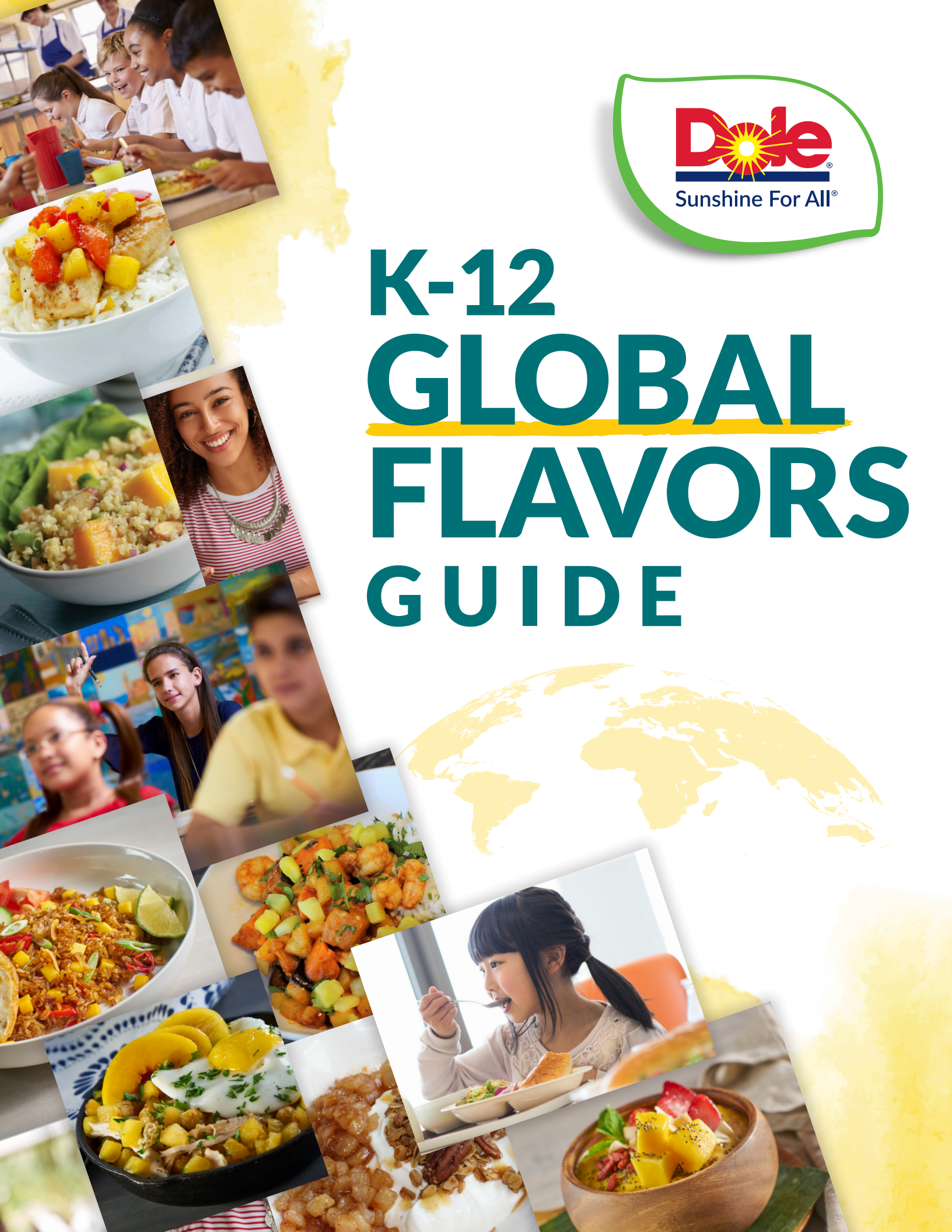




K-12 GLOBAL FLAVORS GUIDE





Going Global in K-12 Schools

Why?

Today's students are seeking out more adventurous meal options.

In fact, **50%** of parents say their kids like more adventurous global cuisines such as **Indian** and **Peruvian**, while **66%** say their kids enjoy mainstream global cuisines such as **Mexican** and **Chinese**. (Datassential)

Schools are taking notice of this trend. Nearly 60% of school districts report offering a new menu item that features international flavors and 26.2% are considering or testing these concepts. (School Nutrition Association)

How?

Reduce Prep Time

International cuisines can seem challenging to prepare, but many international dishes can be created in less than 30 minutes when you utilize pre-cut, frozen products that still deliver high quality and flavor.

Bring on the Bowls

Bowls are the perfect vessel for introducing global flavors to any school menu. Not only are they easy to execute, they're also portable, approachable and on-trend, growing +21% on US Menus since 2011. (Datassential)

Bowls also offer customization for each person to suit their taste. Make-your-own-bowl bars can offer fun exploration while reducing serving preparation.

Familiar Flavors

Incorporating familiar ingredients into global cuisine is a simple way to make a dish feel more approachable. Including classic flavors like mandarins, mango and peach can help encourage students to try new dishes.





Mango Turmeric Bali Bowl

A bright and intriguing breakfast option that both students and staff will love.

Time: 5 minutes

1M/MA; ½ c fruit, ½ cup juice

Ingredients

- ¼ cup DOLE® Chef-Ready Frozen Mango Purée, thawed
- ¼ cup DOLE 100% Pineapple Juice
- ½ cup yogurt
- ½ tablespoon turmeric
- ¼ cup DOLE Chef-Ready Cuts Mango Cubes
- ¼ cup DOLE Chef-Ready Cuts Diced Strawberries
- 1 tablespoon chia seeds
- 1 tablespoon toasted coconut
- 1 mint leaf

Directions

Add mango purée, juice, yogurt, turmeric and mix.

Serve

Pour mix into bowl and top with mango and strawberries, chia seeds, coconut and a mint leaf for garnish.





Egyptian Breakfast Hash

A sweet and savory entrée that can be served for breakfast or lunch.

Time: 25 minutes

3M/MA; 1 fruit; 1 veg (legumes)

Ingredients

- 1 cup hash browns
- 1 teaspoon vegetable oil
- ½ cup chickpeas, rinsed and drained
- 2 oz. white meat turkey, cooked and shredded
- ½ cup **DOLE® Chef-Ready Cuts Diced Peaches**
- 1 teaspoon dried oregano
- ½ cup cheddar cheese, shredded
- 1 egg

Directions

Preheat oven to 425°F. Add hash browns to an oiled hotel pan and cook for 5 minutes. Add chickpeas, turkey, peaches and oregano and cook for an additional 5 minutes. Remove pan from oven fold through the cheese. Add egg to top and cook in oven for 10 minutes. Remove from oven and serve.





Cinnamon Apple Yogurt Bowl with Caramel

A tasty dessert option, perfect for a warm weather day.

Time: 15 minutes

1 M/MA; 2 Fruit; 1 or 2 Grain

Ingredients

- 2 tablespoons butter, melted
- ⅓ cup granulated sugar
- 1 tablespoon cinnamon
- 1 cup DOLE® Chef-Ready Cuts Diced Apples
- ½ cup yogurt
- 2 tablespoons caramel sauce
- 1 oz. or 2 oz. granola



Directions

Preheat an oven to 375°F. Place the butter into a hotel pan with the apples, cinnamon and sugar. Stir thoroughly to coat and mix all the ingredients. Bake the apples for 8-10 minutes or until they begin to turn translucent and spices become aromatic. Remove from oven and set aside for service.

Serve

In a small bowl scoop yogurt, then cover with apples. Drizzle with caramel sauce, then top with granola.





Quinoa Salad with Mango Chunks and Curry Mango Dressing

Served as a side or a main dish, this vegetarian-friendly salad is packed with nutrients and flavor.

Time: 15 minutes

Credits 1G; 1M/MA; 1.5 fruit

Ingredients

- ½ cup quinoa, cooked
- ½ cup **DOLE® Frozen Mango Chunks**, thawed
- 2 tablespoons golden raisins
- 2 tablespoons celery, thinly sliced
- 2 tablespoons red onion, finely diced
- ¼ cup **DOLE Chef-Ready Frozen Mango Purée**, thawed
- ½ cup yogurt, plain
- 1 teaspoon vinegar
- ½ teaspoon curry powder
- 1 teaspoon salt
- ½ teaspoon black pepper

Directions

Combine cooked quinoa, mango chunks, raisins, onion and celery. In a separate bowl combine mango purée, yogurt, vinegar, curry powder, salt and pepper. Mix well. Add to quinoa salad and toss well.

Serve

Serve on cold line or prepackage for grab and go option.





Mandarin Chicken Salad

A classic and approachable introduction to global flavors that can easily translate to grab n' go.

Time: 10 - 15 minutes

2.5M/MA; 1 Fruit; 1 veg

Ingredients

- 2 oz. chicken, cooked and cubed
- 2 tablespoons raisins
- ¼ cup DOLE® Mandarin Oranges in Fruit Juice, drained, juice reserved
- ¼ cup DOLE Pineapple Chunks in 100% Pineapple Juice, drained, juice reserved
- ¼ cup yogurt
- 1 teaspoon soy sauce
- ½ teaspoon garlic powder
- ¼ teaspoon dry mustard
- 1 cup iceberg lettuce

Directions

Combine chicken, raisins, mandarins and pineapple. Set aside. Stir together yogurt, juices, soy sauce, garlic and mustard.

Serve

Combine chicken with yogurt dressing and toss well to coat evenly. Combine with lettuce and serve.





Indonesian Rice Bowl

This plant-forward bowl recipe can easily be customized to fit your students preference.

Tip: Consider adding a build your own bowl station and let the students choose their toppings.

Time: 30 minutes

1 Grain; 2 M/MA; 2 fruit credit

Ingredients

- 1 teaspoon garlic, minced
- 1 teaspoon red pepper flakes
- 1 teaspoon shallots
- 1 cup white rice, cooked and cooled
- 1 tablespoon soy sauce
- 1 cup DOLE® Chef-Ready Cuts Mango Cubes, thawed
- 1 egg, precooked
- ¼ cup tomato, diced
- ¼ cup cucumber, thin sliced
- 1 lime wedge, optional

Directions

Preheat oven to 425°F. In a half pan heat oil, garlic, shallots and rice for 15 minutes. Stirring every 5 minutes. Add soy and cook 5 more minutes. Remove from heat and fold in mangos.

Serve

Place rice mix in bowl and top with egg, tomato and cucumber. Garnish with lime wedge.





Mango Curry Tofu Masala

This take on a global classic is a great way to introduce more vegan friendly option to your menu.

Time: 20 minutes

1M/MA (yogurt); 1.5 fruit credit

Tofu = 2.2 oz or 1/4 cup provides 1 oz meat alternate

Ingredients

- ½ cup yogurt
- 1 teaspoon garam masala
- 1 teaspoon salt
- 2 oz. firm tofu, cut into 1-inch cubes
- 1 teaspoon vegetable oil
- 1 teaspoon tomato purée
- ¼ cup DOLE® Chef-Ready Frozen Mango Purée, thawed
- 1 teaspoon coconut milk
- 1 teaspoon cilantro, chopped
- ½ cup DOLE Chef-Ready Cuts Mango Cubes, thawed

Directions

Whisk together yogurt, masala and salt in a bowl. Add tofu fold with a rubber spatula to coat well. Heat oil in pan in a pre-heated 425°F oven. Add tofu and cook on all sides until beginning to darken in color and become aromatic. Add tomato and mango purée, coconut milk, cilantro and mango cubes, and cook for 10 more minutes.

Serve

Serve in a bowl with 1 serving of rice or other grain.





Piri Piri Chicken and Pineapple Stir-Fry

This bowl blends sweet, savory and spicy for an approachable introduction to more exotic flavors.

Time: 30 minutes

3 M/MA; 1 veg red orange; 1 fruit

Ingredients

- ½ teaspoon ground chili pepper
- ½ teaspoon paprika
- ½ teaspoon garlic, minced
- ¼ teaspoon ginger, grated
- ½ teaspoon lemon juice
- 2 oz. chicken, cooked & diced or shredded (or pre-cooked shrimp)
- 1 teaspoon vegetable oil
- ¼ cup sweet potato, ½-inch diced
- ¼ cup eggplant, ½-inch diced
- ½ cup **DOLE® Chef-Ready Cuts Pineapple Cubes**, thawed
- 1 tablespoon cilantro
- 1 lemon wedge, optional garnish

Directions

Combine chili pepper, paprika, garlic, ginger and lemon juice in small bowl. Add chicken and toss to coat. Heat half pan in 425°F oven. Add chicken to hot pan and cook for 5 minutes. Add sweet potatoes, eggplant and cook for 20 additional minutes. Remove from oven and add pineapple.

Serve

Serve over 1 cup of rice and finish with cilantro and lemon wedge.





Mango Chicken Stir-Fry

A simple stir-fry that utilizes classic and familiar flavors that students know and will love.

Time: 30 minutes

3 M/MA; 1 veg (other); 1 fruit; 2 G

Ingredients

- 1 tablespoon canola oil
- 2 oz. chicken, cooked & diced or shredded
- ¼ cup red bell pepper, diced
- ½ cup stir fry vegetable blend
- ½ cup DOLE® Chef-Ready Cuts Mango Cubes, frozen
- ½ teaspoon garlic, minced
- ½ teaspoon ginger, minced
- ½ cup low sodium soy sauce
- 1 cup rice, cooked
- 1 tablespoon sesame seeds

Directions

Preheat oven to 425°F.

In a preheated half pan add oil, chicken, pepper, vegetable blend, mango cubes, garlic and ginger and cook for 15-20 minutes. Stir in soy sauce and cook for 5 additional minutes.

Serve

Put rice in bowl and top with the stir-fry mix. Top with sesame seeds.



Labor-Saving Solutions



DOLE® Chef-Ready Cuts are washed, prepped and ready-to-use to help save valuable prep time in the kitchen. There's no prep needed, just thaw and add to your favorite stir-fry, salad or dessert for a boost of both flavor and nutrients.



DOLE Chef-Ready Frozen Fruit Purées offer a simple way to create custom sauces and dressing with natural sweetness and no artificial flavors. These familiar fruit flavors are the perfect way to make global flavors more approachable. Try adding a dash of strawberry purée to gochujang or a bit of mango purée to a classic curry.



Canned DOLE Fruit offers a shelf-stable, labor saving solution that can brighten up any global dish and also works great as a side. Consider adding canned tropical fruit to your serving line for an updated take on traditional fruit cocktail with a global twist.

