



**HAVE THIS...  
MAKE THAT.**



**THE ULTIMATE MENU PLANNING GUIDE FROM  
YOUR FRUIT SOLUTIONS PARTNER.®**

# PINEAPPLE

Available in  
SLICES, CHUNKS,  
TIDBITS, CUBES,  
CRUSHED or JUICE



WATER + JUICE  
Pineapple Agua Fresca



RICE NOODLES + CHUNKS  
Pineapple & Peach Vermicelli Salad



SPAM + SLICES  
Pineapple Spam Musubi



SHRIMP + CHUNKS  
Chipotle Shrimp & Pineapple Kabobs



CHEESE + TIDBITS  
Pineapple Quesadilla  
Recipe on Page 14

HAVE THIS... MAKE THAT!

= Pineapple Bulgogi Beef Bowl

= Pineapple Teriyaki Chicken Lettuce Wraps

= Roasted Pineapple Glazed Turkey Breast

= Salmon and Pineapple Poke Bowl

= Baja Lobster Salad

= Pineapple and Jalapeño Ceviche

= Kahlua Luao Pork and Pineapple Pizza

HAVE THIS... MAKE THAT!

= Crunchy Shrimp Tempura and Pineapple Sushi Roll

= Ice Cream Sundae with Wet Walnuts

= Roasted Pork with a Pineapple Lemongrass Sauce

= Pineapple Yogurt Bubble Tea

= Fried Ice Cream with Pineapple Caramel

= Pineapple Fried Rice

= Pineapple Granola Parfait

HAVE THIS... MAKE THAT!

= Chartreuse and Pineapple Swizzle

= Pineapple Citrus Dark and Stormy

= Pineapple Mimosa

= Pineapple Bread Pudding

= Stewed Pineapple Filled Carrot Cake

= Pineapple Pinwheels

= Avocado Flatbread with Roasted Onions, Chilies and Pineapple Confit

# MANGO

Available in  
CHUNKS, CUBES  
or PURÉE



**TURMERIC + CHUNKS**  
Mango Turmeric Bali Bowl



**COOKIE DOUGH + PURÉE**  
Mango Coconut Sugar Cookies



**RICE + CUBES**  
Indonesian  
Rice Bowl



**CHICKEN + CUBES**  
Hawaiian BBQ Chicken Tacos  
Recipe on Page 14



**YOGURT + CUBES**  
Mango Lassi Smoothie

## HAVE THIS... MAKE THAT!

 = Mango Carne Asada Fajitas

 = Crispy Shrimp in Sweet Mango Chili Sauce

 = Roasted Mango and Chili Marinated Turkey Leg

 = Smokey Guajillo Mango Salmon Salad

 = Spicy Mango Glazed Lobster Mooshoo

 = Scallop Sopes with a Mango Habanero Salsa

 = Moroccan Ras al Hanout Chicken and Mango Pizza

## HAVE THIS... MAKE THAT!

 = Whole Fried Yellow Snapper with Spicy Soy Mango Slaw

 = Mango Mousse with Macadamia Cookie Crumble

 = Tacos with Grilled Mango and Roasted Chilis

 = Mango Paneer Mahkni

 = Mango Sherbet Cotton Candy Burrito

 = Chipotle Mango and Chorizo Omelet

 = Mango Oatmeal Cookies

## HAVE THIS... MAKE THAT!

 = Virgin Mango Mojito

 = Smokey Mango Mezcal Margarita

 = Mango Bay Breeze

 = Scones with Clotted Cream and Mango Curd

 = Tres Leches with Mango Lime Compote

 = Mango and Cheese Empanadas

 = Avocado and Mango Crostino

# STRAWBERRY

Available in  
WHOLE, DICED,  
SLICED or PURÉE



PINEAPPLE JUICE  
+ PURÉE  
Blushing Dole



PIZZA CRUST +  
DICED  
Strawberry Ricotta  
Cheesecake



FRENCH  
BAGUETTE +  
SLICED  
Berry Bruschetta with  
Walnut Mint Pesto



GELATIN + PURÉE  
Strawberry Purée Mirror Glaze



CHEESE + DICED  
Strawberry Olive Bruschetta  
with Goat Cheese  
Recipe on Page 14

HAVE THIS... MAKE THAT!

BEEF = Skirt Steak with Pickled Strawberries

CHICKEN = Strawberry Chicken Salad Sandwich

TURKEY = Strawberry and Cornbread Turkey Stuffing

SALMON = Salmon Salad with Strawberry Vinaigrette

LOBSTER = Lobster Tail with Herbed Strawberry Compound Butter

SCALLOPS = Scallops with Black Pepper and Strawberry Oil

SHRIMP = Sweet and Sour Sichuan Strawberry Shrimp

HAVE THIS... MAKE THAT!

SOY SAUCE = Potstickers with Strawberry Chili Oil

NUTS = Pistachio Cake with Strawberry Lemon Buttercream

HERBS/SPICES = Smoked Burrata with Balsamic Soaked Strawberries and Basil

YOGURT = Strawberry Yogurt Mousse with Candied Nuts

ICE CREAM = Strawberry and Sugar Cookie Ice Cream Sandwich

EGGS = Strawberry Balsamic, Feta, and Spinach Omelet

OATS/GRANOLA = Strawberry and Almond Overnight Oats

HAVE THIS... MAKE THAT!

SODA = Strawberry and Lime Shirley Temple

RUM = Strawberry Rum Punch

JUICE = Strawberry Tequila Sunrise

BISCUITS = Sweet Strawberry Biscuit Shortcakes

CAKE/CUPCAKE = Angel Food Cake and Strawberry Trifle

PIE CRUST = Strawberry Rhubarb Pie

AVOCADO = Avocado Cake with Mashed Strawberries

# PEACH

Available in  
SLICES, DICED or PURÉE



**SPINACH + SLICED**

Spinach Salad with Grilled Peaches



**HEAVY CREAM + DICED**

Vanilla Panna Cotta with Cardamom Peach Sauce



**CHICKEN + SLICED**

Peach Huli Huli Chicken Skewers



**TEA + DICED**

Peach and Winter Melon Bubble Tea



**BOURBON + DICED**

Peach Julep

**HAVE THIS... MAKE THAT!**

= Peach Basted Brisket

= Barbequed Beer Can Chicken with Peach BBQ Sauce

= Smoked Turkey Necks with a Roasted Peach & Poblano Sauce

= Peach and Hoisin Glazed Salmon Skewers

= Lobster and Peach Blintze

= Fried Scallop Po Boy with Spicy Peach Slaw

= Peach BBQ Chicken Pizza

**HAVE THIS... MAKE THAT!**

= Peach and Pork Tonkatsu Bowl

= Pecan Dacquoise with Peach Diplomat Cream

= Arugula Peach Salad with Roasted Peach and Rosemary Vinaigrette

= Peaches and Cream Semi Freddo

= Grilled Peaches with Vanilla Ice Cream and Cookies

= Peach Stuffed French Toast

= Peach and Blueberry Crumble

**HAVE THIS... MAKE THAT!**

= Peach Lemon Lime Mule

= Peach and Pineapple Slushie

= Orange Glazed Peaches with Fresh Mint and Cream

= Pork Tenderloin Biscuits with Peach Mostarda

= Black Walnut Cake with Peach Custard

= Peach and Bourbon Pie

= Mexican Chocolate Avocado Cake with Spiced Peaches

# BLACKBERRY

Available in  
WHOLE or PURÉE



RUM + BLACKBERRIES  
Blackberry Mojito



CRÈME FRAICHE  
+ BLACKBERRIES  
Crème Fraîche  
Panna Cotta with  
Blackberry Chantilly



CREAM CHEESE  
+ PURÉE  
Blackberry  
Whole Grain  
Mustard Schmear  
Recipe on Page 15



FETA + PURÉE  
Baked Feta with Blackberry  
and Rosemary Compote



CHIPOTLE PEPPERS  
+ PURÉE  
Blackberry Chipotle Purée

## HAVE THIS... MAKE THAT!



BEEF  
= Blackberry  
Glazed Beef Loin  
with Indian Fry  
Bread



CHICKEN  
= Braised  
Blackberry  
Mole Chicken



TURKEY  
= Roasted Turkey  
& Sweet Potato  
Sandwich with  
Blackberry  
Sauce



SALMON  
= Salmon and  
Pecorino Salad  
with Blackberry  
Dressing



LOBSTER  
= Lobster Chile  
Rellenos with  
Blackberry  
Guajillo Sauce



SCALLOPS  
= Scallop Fritters  
with Roasted  
Blackberry  
Sauce



PIZZA DOUGH  
= Blackberry,  
Ricotta, and  
Shaved Fennel  
Pizza

## HAVE THIS... MAKE THAT!



SOY SAUCE  
= Steamed Pork  
Buns with  
Blackberry  
Ponzu



NUTS  
= Peanut Butter  
and Jelly Fudge



HERBS/SPICES  
= Blackberry and  
Black Pepper  
Ricotta Crostini



YOGURT  
= Frozen Yogurt  
with Blackberry  
Sauce



ICE CREAM  
= Blackberry  
Cobbler with  
Vanilla Ice Cream



EGGS  
= Blackberry  
Clafoutis with  
Blackberry  
Cream



OATS/GRANOLA  
= Blackberry  
Dark Chocolate  
Oat Pudding

## HAVE THIS... MAKE THAT!



SODA  
= Blackberry  
Lavender and  
Pineapple  
Spritzer



GIN  
= Blackberry  
Gin Aviation



JUICE  
= Blackberry  
Ginger Lemonade



BISCUITS  
= Smoked Sausage  
Biscuit with  
Blackberry Jam



CAKE/CUPCAKE  
= Blackberry  
Glazed Cake  
Pops



PIE CRUST  
= Mini Blackberry  
and Cream Tarts



AVOCADO  
= Pita Chips with  
Avocado Hummus  
and Spiced  
Blackberries

# AVOCADO

Available in **CHUNKS**



**COCONUT MILK + CHUNKS**

Pineapple Avocado Smoothie



**PINEAPPLE + CHUNKS**

Pineapple Guacamole

Recipe on Page 15



**PIZZA CRUST + CHUNKS**

Mango and Avocado Wasabi Pizza



**AHI TUNA + CHUNKS**

Spicy Ponzu Poke



**ROMAINE LETTUCE + CHUNKS**

Pineapple Chicken Wrap with Caribbean Ranch Dressing

**HAVE THIS... MAKE THAT!**



**BEEF**



**CHICKEN**



**TURKEY**



**SALMON**



**LOBSTER**



**SCALLOPS**



**SHRIMP**

**HAVE THIS... MAKE THAT!**



**PORK**



**NUTS**



**HERBS/SPICES**



**YOGURT**



**ICE CREAM**



**EGGS**



**OATS/GRANOLA**

**HAVE THIS... MAKE THAT!**



**CHICHARON**



Nachos with Guacamole



Senegalese Peanut Soup with Avocado



Pupusas with Cilantro and Avocado Slaw



Summer Salad with Avocado and Yogurt Dressing



Vanilla Ice Cream with Creamy Avocado Chocolate Sauce

**HAVE THIS... MAKE THAT!**



**SODA**



**TEQUILA**



**JUICE**



**BISCUITS**



**CAKE/CUPCAKE**



**PIE CRUST**

**HAVE THIS... MAKE THAT!**



**MINT AND AVOCADO ITALIAN SODA**



**FROZEN AVOCADO AND JALAPENO MARGARITA**



**FROZEN AVOCADO CILANTRO LIMEADE**



**CHORIZO AND AVOCADO BISCUIT WITH ROASTED POBLANOS**



**OLIVE OIL CAKE WITH AVOCADO AND ALMOND FROSTING**



**PORK AND AVOCADO EMPANADAS**

**HAVE THIS... MAKE THAT!**



**WATER**



**FROZEN AVOCADO AND CITRUS POPS**



## PINEAPPLE QUESADILLA

SERVINGS: 10

### INGREDIENTS:

10 whole wheat tortilla 8-inch  
4 cups mozzarella cheese  
2 cups DOLE® Pineapple Tidbits, drained  
optional sour cream  
optional prepared salsa

### DIRECTIONS:

Preheat a griddle to medium-high heat. Once the griddle is heated, lightly wipe it down with vegetable oil or spray with cooking spray.

Top one half of each tortilla with an even layer of mozzarella cheese and an even distribution of pineapple tidbits.

Fold the tortilla over, in half to form a half-circle. Place the tortillas flat onto the griddle to allow to brown on each side and just melt the cheese. It should take about 1-2 minutes on each side.

Slice each tortilla into even slices. Serve with salsa or sour cream if desired.



## HAWAIIAN BBQ CHICKEN TACOS

SERVINGS: 8 (2 TACOS PER PERSON)

### INGREDIENTS:

2 lbs. cooked shredded chicken  
1 cup bottled bbq sauce  
4 cups DOLE Chef-Ready Cuts Mango Cubes, partially thawed  
½ cup red onion, finely chopped  
2 Tbsp. green onions, finely chopped  
¼ cup fresh cilantro, finely chopped  
2 Tbsp. jalapeno, minced  
2 tsp. lime zest  
32 corn tortillas 6-inch  
4 cups iceberg lettuce, shredded

### DIRECTIONS:

In a large bowl, toss reheated shredded chicken with BBQ sauce to coat and set aside.

In a small mixing bowl, combine the mango, red and green onions, cilantro jalapeño and lime zest, toss to blend and set aside either at room temperature or chilled.

On a flat top or in a small skillet, heat the tortillas lightly on both sides until aromatic and slightly toasted.

To build tacos, use two tortillas per taco and fill with roughly ¼ cup of shredded lettuce, ¼ cup of chicken and top with ¼ cup of salsa.



## STRAWBERRY AND OLIVE BRUSCHETTA WITH GOAT CHEESE

SERVINGS: 12

### INGREDIENTS:

½ cup balsamic vinegar  
12 slices Italian bread  
2 Tbsp. olive oil  
1 lb. DOLE Chef-Ready Cuts Diced Strawberries, thawed  
1 cup black olives, diced  
2 tsp. + garnish fresh thyme leaves  
salt and ground black pepper, to taste  
1 cup goat cheese, room temperature

### DIRECTIONS:

Heat vinegar in small skillet over medium-low heat. Simmer 8 to 10 minutes or until reduced by half. Remove from heat; cool to room temperature.

Prepare grill to high heat. Place bread slices on foil-lined baking sheet; brush with olive oil. Grill bread until browned, about 3 minutes per side.

Combine strawberries, black olives, thyme, reduced balsamic vinegar, salt and pepper in medium bowl. Spread goat cheese on toasted bread; spoon strawberry mixture over bread.



## SPINACH SALAD WITH GRILLED PEACHES

SERVINGS: 12

### INGREDIENTS:

6 Tbsp. balsamic vinegar  
2 Tbsp. olive oil  
2 shallots, minced  
2 garlic cloves, minced  
2 tsp. Dijon-style mustard  
2 tsp. honey  
1 tsp. kosher salt  
½ tsp. ground black pepper  
3.25 lb. (72 slices) frozen DOLE Sliced Peaches  
12 oz. (8 cups) spinach  
8 green onions, sliced thin  
1 red bell pepper, chopped  
4 oz. (1 cup) whole pecans, toasted  
4 oz. (½ cup) goat cheese  
12 slices French baguette

### DIRECTIONS:

Whisk together vinegar, oil, shallots, garlic, mustard, honey, salt and pepper. Grill frozen peaches on each side. Combine salad greens, onions, bell pepper and nuts. Spread goat cheese on bread slices. Place under salamander and heat to warm. Add dressing to greens and toss to coat. Portion onto salad plates. Top each salad with six grilled peach slices and 1 goat cheese toast.



## BLACKBERRY WHOLE GRAIN MUSTARD SCHMEAR

SERVINGS: 16

### INGREDIENTS:

2 cups cream cheese, softened  
1 Tbsp. whole grain mustard  
½ tsp. ground ginger  
½ cup DOLE Chef-Ready Frozen Blackberry Purée

### DIRECTIONS:

Combine cream cheese, mustard, ginger, and blackberry puree in a medium bowl. Whisk until smooth and incorporated.

Serve with bagels or in sandwiches.

NOTE: Spread can be stored in refrigerator for up to 5 days.



## PINEAPPLE GUACAMOLE

SERVINGS: 20

### INGREDIENTS:

10 to 12 oz. (2 cups) cucumber, peeled seeded diced  
½ cup finely chopped red onion  
2 tsp. jalapeno chili seeded and finely chopped  
2 Tbsp. lime juice  
½ cup fresh cilantro, coarsely chopped divided  
1 cup frozen DOLE Diced Avocado, thawed  
2 cups DOLE Chef-Ready Cuts Pineapple Cubes  
salt and ground black pepper, to taste

### DIRECTIONS:

Combine cucumber, red onion, jalapeno pepper, lime juice and half cilantro in bowl. Add avocado and gently stir ingredients together. Add pineapple and season with salt and pepper.

Sprinkle remaining cilantro over guacamole. Serve with tortilla chips.



FOR INNOVATIVE RECIPES, PRODUCT VIDEO OVERVIEWS AND CURRENT OFFERS.  
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