



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!



BEEF

=
**Pineapple
Bulgogi
Beef Bowl**



CHICKEN

=
**Pineapple
Teriyaki
Chicken
Lettuce Wraps**



TURKEY

=
**Roasted
Pineapple
Glazed Turkey
Breast**



SALMON

=
**Salmon and
Pineapple
Poke Bowl**



LOBSTER

=
**Baja Lobster
Salad**



SCALLOPS

=
**Pineapple and
Jalapeño
Ceviche**



PIZZA DOUGH

=
**Kahlua Luao
Pork and
Pineapple
Pizza**

HAVE THIS... MAKE THAT!



SOY SAUCE

=
**Crunchy Shrimp
Tempura and
Pineapple
Sushi Roll**



NUTS

=
**Ice Cream
Sundae with
Wet Walnuts**



HERBS/SPICES

=
**Roasted Pork
with a Pineapple
Lemongrass
Sauce**



YOGURT

=
**Pineapple
Yogurt
Bubble Tea**



ICE CREAM

=
**Fried
Ice Cream with
Pineapple
Caramel**



EGGS

=
**Pineapple
Fried Rice**



OATS/GRANOLA

=
**Pineapple
Granola Parfait**

HAVE THIS... MAKE THAT!



SODA

=
**Chartreuse
and Pineapple
Swizzle**



RUM

=
**Pineapple
Citrus Dark
and Stormy**



JUICE

=
**Pineapple
Mimosa**



BISCUITS

=
**Pineapple
Bread Pudding**



CAKE/CUPCAKE

=
**Stewed
Pineapple
Filled
Carrot Cake**



PIE CRUST

=
**Pineapple
Pinwheels**



AVOCADO

=
**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!

BEEF = Mango
Carne Asada
Fajitas

SHRIMP = Crispy Shrimp
in Sweet
Mango Chili
Sauce

TURKEY = Roasted Mango
and Chili
Marinated
Turkey Leg

SALMON = Smokey
Guajillo Mango
Salmon Salad

LOBSTER = Spicy Mango
Glazed Lobster
Mooshoo

SCALLOPS = Scallop Sopes
with a Mango
Habanero Salsa

PIZZA DOUGH = Moroccan Ras
al Hanout
Chicken and
Mango Pizza

HAVE THIS... MAKE THAT!

SOY SAUCE = Whole Fried
Yellow Snapper
with Spicy Soy
Mango Slaw

NUTS = Mango Mousse
with Macadamia
Cookie Crumble

HERBS/SPICES = Tacos with
Grilled Mango and
Roasted Chilis

CHEESE = Mango Paneer
Mahkni

ICE CREAM = Mango Sherbet
Cotton Candy
Burrito

EGGS = Chipotle Mango
and Chorizo
Omelet

OATS/GRANOLA = Mango Oatmeal
Cookies

HAVE THIS... MAKE THAT!

SODA = Virgin Mango
Mojito

MEZCAL = Smokey
Mango Mezcal
Margarita

JUICE = Mango Bay
Breeze

BISCUITS = Scones with
Clotted Cream
and Mango Curd

CAKE/CUPCAKE = Tres Leches with
Mango Lime
Compote

PIE CRUST = Mango and
Cheese
Empanadas

AVOCADO = Avocado and
Mango
Crostino

STRAWBERRY

Available in
**WHOLE, DICED,
SLICED or PURÉE**



**PINEAPPLE JUICE
+ PURÉE**
Blushing Dole



**FRENCH
BAGUETTE +
SLICED**
Berry Bruschetta with
Walnut Mint Pesto



**PIZZA CRUST +
DICED**
Strawberry Ricotta
Cheesecake



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 Macerated
Strawberries

PEACH

Available in
SLICES, DICED or PURÉE



SPINACH + SLICED

Spinach Salad with Grilled Peaches



**CHICKEN
+ SLICED**
Peach Huli Huli
Chicken Skewers



**HEAVY CREAM
+ DICED**
Vanilla Panna Cotta
with Cardamom
Peach Sauce

Recipe on Page 15



TEA + DICED
Peach and Winter Melon
Bubble Tea



**BOURBON
+ DICED**
Peach Julep

HAVE THIS... MAKE THAT!



BEEF

=
Peach
Basted
Brisket



CHICKEN

=
Barbequed
Beer Can
Chicken with
Peach BBQ Sauce



TURKEY

=
Smoked Turkey
Necks with a
Roasted Peach &
Poblano Sauce



SALMON

=
Peach and
Hoisin Glazed
Salmon Skewers



LOBSTER

=
Lobster and
Peach Blintze



SCALLOPS

=
Fried Scallop
Po Boy with
Spicy Peach Slaw



PIZZA DOUGH

=
Peach BBQ
Chicken Pizza

HAVE THIS... MAKE THAT!



SOY SAUCE

=
Peach and
Pork Tonkatsu
Bowl



NUTS

=
Pecan
Dacquoise
with Peach
Diplomat Cream



HERBS/SPICES

=
Arugula Peach
Salad with
Roasted Peach
and Rosemary
Vinaigrette



YOGURT

=
Peaches and
Cream Semi
Freddo



ICE CREAM

=
Grilled Peaches
with Vanilla
Ice Cream and
Cookies



EGGS

=
Peach Stuffed
French Toast



OATS/GRANOLA

=
Peach and
Blueberry
Crumble

HAVE THIS... MAKE THAT!



SODA

=
Peach Lemon
Lime Mule



**PINEAPPLE
JUICE**

=
Peach and
Pineapple
Slushie



JUICE

=
Orange Glazed
Peaches with
Fresh Mint
and Cream



BISCUITS

=
Pork Tenderloin
Biscuits with
Peach Mostarda



CAKE/CUPCAKE

=
Black Walnut
Cake with
Peach Custard



PIE CRUST

=
Peach and
Bourbon Pie



AVOCADO

=
Mexican
Chocolate
Avocado Cake
with Spiced
Peaches

BLACKBERRY

Available in
WHOLE or PURÉE



RUM + BLACKBERRIES
Blackberry Mojito



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



**CRÈME FRAICHE
+ BLACKBERRIES**
Crème Fraiche
Panna Cotta with
Blackberry Chantilly



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



PIZZA CRUST + CHUNKS
Mango and Avocado Wasabi Pizza



PINEAPPLE + CHUNKS
Pineapple Guacamole
Recipe on Page 15



AHI TUNA + CHUNKS
Spicy Ponzus Poke



ROMAINE LETTUCE + CHUNKS
Pineapple Chicken Wrap with Caribbean Ranch Dressing

HAVE THIS... MAKE THAT!



BEEF

= Beef Tostada with Smashed Avocado and Pico de Gallo



CHICKEN

= Baja Chicken Club with Whipped Avocado



TURKEY

= Turkey Burger with Grilled Avocado



SALMON

= Cured Salmon with Avocado and Pea Puree



LOBSTER

= Poached Lobster with Wasabi Avocado Cream



SCALLOPS

= Grilled Scallops with Black Pepper Avocado Foam



SHRIMP

= Shrimp Summer Rolls with Avocado and Vermicelli

HAVE THIS... MAKE THAT!



PORK

= Chicharon Nachos with Guacamole



NUTS

= Senegalese Peanut Soup with Avocado



HERBS/SPICES

= Pupusas with Cilantro and Avocado Slaw



YOGURT

= Summer Salad with Avocado and Yogurt Dressing



ICE CREAM

= Vanilla Ice Cream with Creamy Avocado Chocolate Sauce



EGGS

= Huevos Rancheros



OATS/GRANOLA

= Avocado and Granola Energy Bars

HAVE THIS... MAKE THAT!



SODA

= Mint and Avocado Italian Soda



TEQUILA

= Frozen Avocado and Jalapenos Margarita



JUICE

= Frozen Avocado Cilantro Limeade



BISCUITS

= Chorizo and Avocado Biscuit with Roasted Poblanos



CAKE/CUPCAKE

= Olive Oil Cake with Avocado and Almond Frosting



PIE CRUST

= Pork and Avocado Empanadas



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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