



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



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

# PINEAPPLE

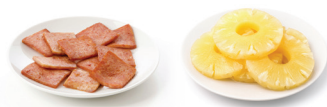
Available in  
SLICES, CHUNKS,  
TIDBITS, CUBES,  
CRUSHED or JUICE



**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!



Skirt Steak  
with Pickled  
Strawberries

**BEEF**



Strawberry  
Chicken Salad  
Sandwich

**CHICKEN**



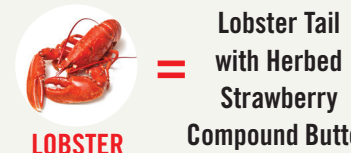
Strawberry  
and Cornbread  
Turkey Stuffing

**TURKEY**



Salmon Salad  
with Strawberry  
Vinaigrette

**SALMON**



Lobster Tail  
with Herbed  
Strawberry  
Compound Butter

**LOBSTER**



Scallops with  
Black Pepper  
and Strawberry  
Oil

**SCALLOPS**



Sweet and  
Sour Sichuan  
Strawberry  
Shrimp

**SHRIMP**

## HAVE THIS... MAKE THAT!



Potstickers with  
Strawberry Chili  
Oil

**SOY SAUCE**



Pistachio Cake  
with Strawberry  
Lemon  
Buttercream

**NUTS**



Smoked Burrata  
with Balsamic  
Soaked Strawberries  
and Basil

**HERBS/SPICES**



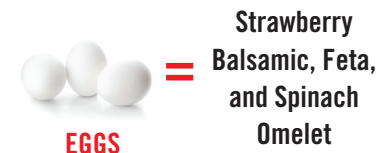
Strawberry  
Yogurt Mousse  
with Candied  
Nuts

**YOGURT**



Strawberry and  
Sugar Cookie  
Ice Cream  
Sandwich

**ICE CREAM**



Strawberry  
Balsamic, Feta,  
and Spinach  
Omelet

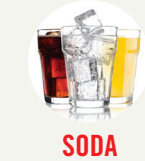
**EGGS**



Strawberry  
and Almond  
Overnight Oats

**OATS/GRANOLA**

## HAVE THIS... MAKE THAT!



Strawberry and  
Lime Shirley  
Temple

**SODA**



Strawberry  
Rum Punch

**RUM**



Strawberry  
Tequila Sunrise

**JUICE**



Sweet  
Strawberry  
Biscuit  
Shortcakes

**BISCUITS**



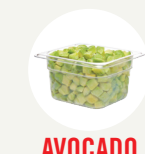
Angel Food  
Cake and  
Strawberry Trifle

**CAKE/CUPCAKE**



Strawberry  
Rhubarb Pie

**PIE CRUST**



Avocado Cake  
with Masciated  
Strawberries

**AVOCADO**

# 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**



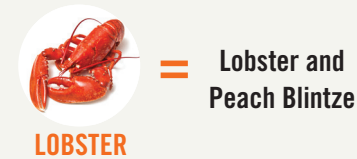
**CHICKEN**



**TURKEY**



**SALMON**



**LOBSTER**



**SCALLOPS**



**PIZZA DOUGH**

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



**SOY SAUCE**



**NUTS**



**HERBS/SPICES**



**YOGURT**



**ICE CREAM**



**EGGS**



**OATS/GRANOLA**

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



**SODA**



**PINEAPPLE JUICE**



**JUICE**



**BISCUITS**



**CAKE/CUPCAKE**



**PIE CRUST**



**AVOCADO**

# 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



**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 Tostada with Smashed Avocado and Pico de Gallo  
**BEEF**

 = Baja Chicken Club with Whipped Avocado  
**CHICKEN**

 = Turkey Burger with Grilled Avocado  
**TURKEY**

 = Cured Salmon with Avocado and Pea Puree  
**SALMON**


 = Poached Lobster with Wasabi Avocado Cream  
**LOBSTER**

 = Grilled Scallops with Black Pepper Avocado Foam  
**SCALLOPS**

 = Shrimp Summer Rolls with Avocado and Vermicelli  
**SHRIMP**

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

 = Chicharon Nachos with Guacamole  
**PORK**

 = Senegalese Peanut Soup with Avocado  
**NUTS**

 = Pupusas with Cilantro and Avocado Slaw  
**HERBS/SPICES**

 = Summer Salad with Avocado and Yogurt Dressing  
**YOGURT**


 = Vanilla Ice Cream with Creamy Avocado Chocolate Sauce  
**ICE CREAM**

 = Huevos Rancheros  
**EGGS**

 = Avocado and Granola Energy Bars  
**OATS/GRANOLA**

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

 = Mint and Avocado Italian Soda  
**SODA**

 = Frozen Avocado and Jalapenos Margarita  
**TEQUILA**

 = Frozen Avocado Cilantro Limeade  
**JUICE**

 = Chorizo and Avocado Biscuit with Roasted Poblanos  
**BISCUITS**

 = Olive Oil Cake with Avocado and Almond Frosting  
**CAKE/CUPCAKE**

 = Pork and Avocado Empanadas  
**PIE CRUST**

 = Frozen Avocado and Citrus Pops  
**WATER**



## 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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