



DOLE® & DISNEY Beauty and The Beast Character-Inspired Recipes

Heart Salad

Inspired by Beauty and The Beast Character: Belle



Prep: 15 min.

Makes: 2 servings

Ingredients:

1 avocado, peeled, seeded and diced
1 tablespoon lime juice
1-1/2 cups diced fresh DOLE® Tropical Gold® Pineapple
1 cup DOLE Spring Mix
2 teaspoons toasted pine nuts
2 tablespoons Sesame Ginger Vinaigrette
1/4 cup DOLE Raspberries and/or DOLE Blueberries

Directions:

1. **Toss** avocado with lime juice.
2. **Layer** avocado using a 4-inch heart cookie cutter as a guide on the serving plate. Place a 3-inch heart shaped cookie cutter on top and create a second pineapple layer.
3. **Toss** spring mix and pine nuts with Sesame Ginger Vinaigrette and arrange on the pineapple. Scatter berries around the plate and serve immediately.

Sesame Ginger Vinaigrette:

Whisk together 1/4 cup rice vinegar, 1 tablespoon water and 1 tablespoon miso paste until blended. Stir in 1 tablespoon minced fresh ginger, 1 tablespoon low-sodium soy sauce, 1 teaspoon honey, 1 teaspoon canola oil and 1 teaspoon sesame oil. Refrigerate until ready to use. Makes about 1/2 cup.

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Spicy Banana and Shrimp Crepes

Inspired by Beauty and The Beast Character: The Beast



Prep: 26 min.

Makes: 4 servings

Ingredients:

2 tablespoons sesame oil
1/4 cup sliced DOLE® Green Onions
1 teaspoon minced garlic
1 teaspoon thinly sliced red chili
12 jumbo shrimp, peeled and deveined
2 firm DOLE Bananas, peeled and sliced diagonally
6 cups DOLE Spring Mix
16 DOLE Asparagus, cooked
Ginger Dressing (recipe below)
4 store-bought or homemade crepe

Directions:

1. **Heat** sesame oil in sauté pan over medium-high heat. Sauté green onions, garlic and red chili, about 2 minutes or until tender. Add shrimp and banana slices, cook 4 minutes or until shrimp turns pink. Remove and set aside.
2. **Toss** spring mix and asparagus with Sesame-Ginger Vinaigrette, set aside.
3. **Place** crepes on four serving plates. Position the spring mix and asparagus over half the crepe. Arrange the shrimp-banana mixture on top and fold over the crepe. Serve immediately.

Ginger Dressing:

Combine 3 tablespoons sliced DOLE Green Onions, 2 tablespoons chopped cilantro, 1 tablespoon sesame oil, 1 tablespoon rice vinegar, 1 tablespoon grated fresh ginger, 1-1/2 teaspoons honey, 1-1/2 teaspoons water, 1 teaspoon minced garlic in a small bowl. Makes about 1/3 cup.

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Cauliflower with Tarragon & Hazelnuts

Inspired by Beauty and The Beast Character: Lumiere



Prep: 22 min.

Makes: 4 servings

Ingredients:

1/3 cup low-fat Greek yogurt

1 teaspoon dried tarragon, crushed or 1 tablespoon chopped fresh tarragon

1 teaspoon Dijon-style mustard

1 head DOLE® Cauliflower, trimmed and cut into florets

1/4 cup hazelnuts, toasted and coarsely chopped

Salt and ground black pepper, to taste

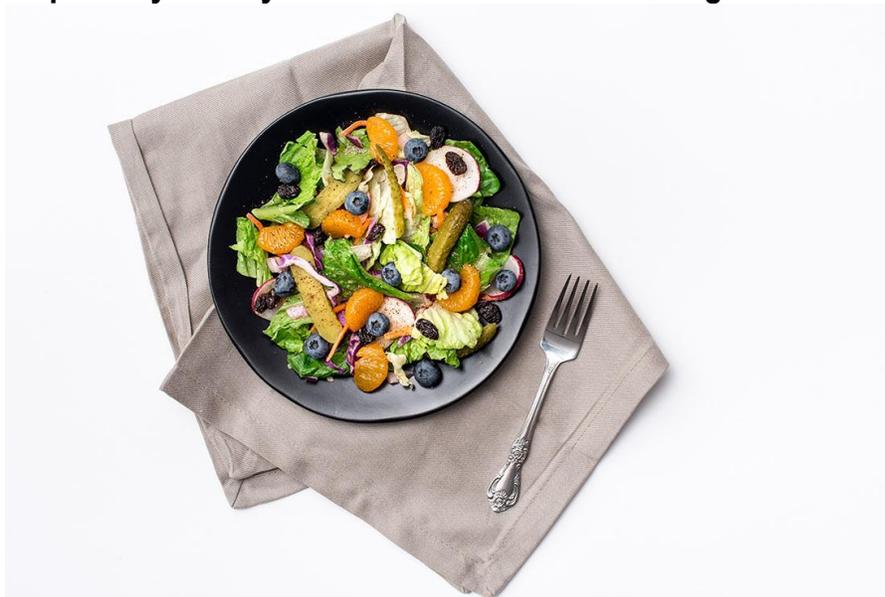
Directions:

1. **Stir** together Greek yogurt, tarragon and mustard in small bowl; set aside.
2. **Cook** cauliflower florets in boiling, salted water in medium saucepan 10 to 12 minutes or until tender crisp. Drain cauliflower; return to pan.
3. **Stir** in yogurt mixture and hazelnuts. Season with salt and pepper, to taste.

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Blueberry Avocado Garden Salad

Inspired by Beauty and The Beast Character: Cogsworth



Prep: 30 min.
Makes: 4 servings

Ingredients:

2 dill pickles, finely chopped
1/4 cup DOLE® Fresh Blueberries
1/4 cup DOLE Mandarin Oranges, drained
1/4 cup plain low-fat yogurt
2 avocados, halved, pitted, scooped and cut into 1/2-inch pieces
3 tablespoons chopped DOLE Red Onion
3 tablespoons DOLE Raisins
1 package (12 oz.) DOLE American Blend
Salt and freshly ground pepper to taste

Directions:

1. **In** a large bowl, combine all the ingredients except DOLE® American Blend. Season lightly with salt and pepper. Marinate for 30 minutes.
2. **Add** DOLE American Blend to bowl; toss well. Transfer to 4 shallow bowls.
3. **Tip:** Fresh cucumber is a milder option for the pickles. Substitute one cucumber, peeled, seeded and cut into 1/2-inch pieces for the two dill pickles. To sweeten the dish a bit more, swap the blueberries for 1/4-cup halved, red seedless grapes, and the mandarin oranges for 1 medium apple that's been peeled, seeded and cut into 1/2-inch pieces.

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Banana and Berry Breakfast Cups

Inspired by Beauty and The Beast Character: Mrs. Potts



Prep: 40 min.

Makes: 12 servings

Ingredients:

3 slices whole-wheat bread
1-1/2 cups unsweetened vanilla almond milk
6 egg whites
1 tablespoon honey or maple syrup
1 tablespoon ground cinnamon
2 DOLE® Bananas, peeled and sliced
1/2 cup DOLE Blueberries, Blackberries and/or Raspberries
1 cup low-fat granola

Directions:

1. **Preheat** oven to 350°F. Place cupcake foil liners in the cups of a regular size muffin tin, set aside.
2. **Tear** bread slices into small pieces; set aside. Whisk almond milk with egg whites, honey and cinnamon; set aside. Fill prepared cups alternating bread, banana slices and berries. Pour in almond milk-egg white mixture.
3. **Sprinkle** granola on top of mixture in muffin cups. Bake 25 to 30 minutes, until firm. Remove and serve warm or at room temperature.