



Pineapple Parfait

EAT HEALTHY AT HOME

FAMILY FEATURES

Even if you've mastered the art of a smart workday lunch and can pick the most nutritious items on a restaurant menu like a pro, eating healthy at home is an unexpected downfall many people face.

When you find the chance to take a break from the busy pace of life and spend some time at home, it can be easy to slip into an all-indulgence mindset. Just remember that doesn't have to mean going all-out on junk food.

Enjoy the comforts of home and keep your eating on track with these helpful tips.

When you're spending time with family

It's easy to catch a carefree spirit while you're running the bases in an impromptu game of backyard baseball or being tempted by yet another imaginary dessert from the kiddie kitchen. When playtime winds down for dinner, there's no reason for the fun to stop. Have kids get hands-on to help assemble a healthy meal everyone can enjoy. Skip the cutting, peeling and mess by using Dole Jarred Fruit to prepare salads, desserts and even main dishes that satisfy the whole family's sweet tooth.

When you're tackling chores

From seasonal landscaping to the myriad projects you've been putting off, the list of chores around the house may seem never-ending. Remember to stay hydrated, especially if you're working outdoors, and be sure you make time to eat, even if it's just a quick bite to keep you fueled. Air-popped crackers and hummus is a smart alternative to chips and dip, or get your pick-me-up from a handful of nuts and a serving of sweet, juicy fruit.

When you want to be a couch potato

When a new TV season begins this fall, keep your guilty pleasure in check with quick, healthy dishes to enjoy as you binge watch your favorite shows. Keep your kitchen stocked with ingredients such as high quality, ready-to-eat Dole Jarred Fruit so you can create quick and easy snacks with a serving of fruit in between episodes or during a commercial break.

For more recipes you can enjoy at home, visit dolesunshine.com.

Sweet Treats

Tickle your taste buds with these tricks that transform a kitchen staple like jarred fruit into a tasty treat:

- Brighten up bland yogurt or frozen waffles with a serving of jarred fruit, such as sliced peaches or mandarin oranges.
- Dip jarred pineapple chunks in melted chocolate and pop them in the freezer until hardened.
- Top a serving of jarred tropical fruit with coconut flakes for an island escape.



Asian Chicken Lettuce Wraps



Orange Chipotle Avocado Toast



Tropical Rum Raisin Dessert

Asian Chicken Lettuce Wraps

Total time: 15 minutes

Servings: 1

- 1/2 cup refrigerated cooked chicken breast strips
- 2 Bibb or Boston lettuce leaves
- 1/2 cup Dole Mandarin Oranges, drained
- 2 teaspoons slivered almonds
- 1 tablespoon light Asian salad dressing

Divide chicken equally inside two lettuce leaves, making two wraps.

Add 1/4 cup of Dole Mandarin Oranges and 1 teaspoon slivered almonds into each wrap. Serve lettuce wraps with light Asian salad dressing for dipping.

Orange Chipotle Avocado Toast

Total time: 10 minutes

Servings: 1

- 1 slice whole wheat bread
- 1/2 avocado, diced or smashed
- salt
- pepper
- 1/3 cup Dole Mandarin Oranges, drained
- 1/2 teaspoon chipotle peppers in adobo sauce, finely chopped
- 1/4 lime

Lightly toast whole-wheat bread and top with diced avocado. Season with salt and pepper, to taste.

In medium bowl, toss oranges with chipotle peppers.

Spoon oranges over avocado toast and finish with a squeeze of lime.

Tip: For spicier toast, include pepper seeds. For more mild heat, remove seeds. A sprinkle of chili pepper can also be used to add spice.

Pineapple Parfait

Total time: 10 minutes

Servings: 1

- 1 jar (23.5 ounces) Dole Pineapple Chunks
- 2 tablespoons Greek yogurt
- 2 vanilla wafers, crushed

Measure 1/2 cup drained fruit.

Spoon pineapple chunks into dessert glass. Spoon yogurt over pineapple. Sprinkle crushed wafers on top.

Tropical Rum Raisin Dessert

Total time: 30 minutes

Servings: 4

- 1 jar (23.5 ounces) Dole Tropical Fruit, drained, juice reserved
- 1/2 cup Dole Seedless Raisins
- 1/4 cup spiced or coconut rum
- 2 cups vanilla ice cream or frozen yogurt, divided
- 4 teaspoons toasted shredded coconut, divided

Place fruit in medium bowl and set aside. In small bowl, combine raisins, rum and 1/4 cup reserved juice. Allow raisins to soak at least 20 minutes until plump. Drain off liquid.

Combine fruit and rum raisins; spoon into serving bowls. Top each bowl with 1/2 cup scoop of ice cream and top each with 1 teaspoon toasted coconut.

Tip: 1/2 teaspoon rum extract and 1/2 cup reserved juice may be used instead of rum.