



## ELIMINATING PRODUCE PARANOIA IN THREE EASY STEPS

*Dole's Registered Dietitian Melanie Marcus  
battles fear of unknown fruits and veggies  
with original recipes, fun facts and family-friendly advice*

[Dole Food Company](#) has teamed with Mike, Sulley and the other not-so-scary residents of Monstropolis in Pixar's *Monsters, Inc.* for a summer 2020 initiative designed to take the fright out of specialty fruits and vegetables and widen the public's produce horizons. Melanie Marcus, MA, RD, Dole's health and nutrition communications manager, has compiled recipes, fun facts, trivia, and family-friendly ways to increase produce diversity.

### **Eliminating Produce Paranoia in Three Easy Steps**

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By: Melanie Marcus, MA, RD, Dole health and nutrition communications manager

#### **1. Add more obscure fruits and vegetables to your next shopping list.**

Dole offers more than 50 different varieties of fresh fruits and vegetables in North American supermarkets alone (see list below) – making it easy to widen your family's produce horizons beyond the tried and true.

As America's most favorite fruit and one of the most-purchased items in the supermarket, DOLE® Bananas continue to reign supreme atop the produce popularity chart. But beyond the traditional Cavendish banana, there are more than 500 other edible banana varieties in the world including DOLE® Manzanos, DOLE® Baby Bananas, red bananas, and ice cream bananas, which taste like vanilla custard. More Americans and Canadians are also discovering what much of the world already knows: plantains (and especially DOLE® Plantains) are the ideal cooking banana due to their starchy, potato-like taste and texture.

#### **2. Expand your recipe library with unexpected dishes.**

The proliferation of online recipe sites, cooking shows, and food blogs has resulted in an explosion of recipes and serving suggestions calling for fresh fruit and vegetables. The [Dole recipe library](#), one of the world's largest collections of original, plant-based and lean-protein dishes based on fresh produce, offers more than 700 recipes alone – and access is always free as part of the company's ongoing mission to increase the world's nutritional health through a global diet rich in fresh fruits and vegetables.

Along with some of Dole's 10 "Monsters in the Kitchen" recipes featuring more obscure fruits and vegetables as part of a summer collaboration with Pixar's *Monsters, Inc.*, try these unexpected dishes from Dole recipe creators:

- **Artichoke Hearts:** [Mediterranean Vegetable Tart](#) and [Greek Party Salad](#).
- **Asparagus:** [Carrot and Asparagus Ragout](#)
- **Beets:** [Dole Beet 'N Berry Smoothie](#)
- **Brussels Sprouts:** [Curried Brussels Sprouts Slaw](#)
- **Cauliflower:** [Thai Spicy Shrimp Pizza with Cauliflower Crust](#)
- **Celery Hearts:** [Chopped Celery Heart Salad](#)
- **Coconuts:** [Beepin' Colada](#)
- **Horned Melon:** [Mike Wazowski Fruit Snack](#), inspired by Pixar's *Monsters, Inc.*
- **Kiwi Fruit:** [Fresh Fruit Tacos](#)
- **Papaya:** [Papaya, Pomegranate, and Quinoa Salad](#)
- **Plantains:** [Monster Mash](#), inspired by Pixar's *Monsters, Inc.*
- **Radishes:** [Lion Cobb Chicken Salad](#), inspired by Disney's *The Lion King*.
- **Red Cabbage:** [Frittata for a King](#), inspired by Disney's *The Lion King*.
- **Watermelon:** [Layered Watermelon, Tomato and Mixed Greens Salad with Feta Cheese](#)

### 3. Don't hesitate to reach for imperfect fruits and veggies – because taste and nutrition don't play favorites. And, eat your banana peels, too.

While everyone loves pristine produce, blemished and imperfect fruits and vegetables typically provide the same taste and nutrition benefits and offer a way to extend the shelf life of most produce purchases. In many cases, substituting overripe fruits and veggies for ripe produce as a recipe ingredient is perfectly acceptable – especially if the recipe calls for cooking, baking or blending. One great example is bananas: once they've become too ripe to peel and enjoy, simply freeze them whole to use later in smoothies. And, don't forget that banana peels are high in antioxidants – so wash the peel and include it in your next smoothie for a lot of nutrition.

Regularly using blemished, misshapen and imperfect produce in your regular meal and recipe-prep routine also provides a tangible opportunity to teach kids about at-home sustainability and reduced wastefulness. Then, end the lesson in earth friendliness by making Dole's [Banana Peel Carne Machada](#), a satisfying main dish combining basmati rice and tomatoes with DOLE® Pineapples, DOLE® Onions and the peels of eight DOLE® Bananas.

## DOLE® Fruits & Vegetables

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|---------------------|-------------------|----------------------|------------------|
| • Apples            | • Red Cabbage     | • Butter Lettuce     | • Mushrooms      |
| • Apricots          | • Green Cabbage   | • Chard Lettuce      | • Onions         |
| • Artichokes        | • Carrots         | • Endive Lettuce     | • Pineapple      |
| • Asparagus         | • Cauliflower     | • Green Leaf Lettuce | • Plantains      |
| • Avocados          | • Celery          | • Iceberg Lettuce    | • Potatoes       |
| • Baby Bananas      | • Celery Hearts   | • Kale Lettuce       | • Radish         |
| • Cavendish Bananas | • Chayote         | • Radicchio Lettuce  | • Raspberries    |
| • Red Bananas       | • Cherries        | • Red Leaf Lettuce   | • Romaine Hearts |
| • Blackberries      | • Coconuts        | • Romaine Lettuce    | • Spinach        |
| • Blueberries       | • Green Grapes    | • Spinach            | • Strawberries   |
| • Broccoli          | • Red Grapes      |                      | • Sweet Potatoes |
| • Brussels Sprouts  | • Green Onions    |                      |                  |
|                     | • Kiwi            |                      |                  |
|                     | • Arugula Lettuce |                      |                  |

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## Produce in the Spotlight

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### APPLES

**Varieties Grown and Marketed by Dole:** Macintosh, Granny Smith

**Health and Nutrition Benefits:**

- Good source of vitamin C and rich in fiber
- Linked to weight loss and a reduction in heart disease and diabetes

**Connections to Disney<sup>1,2</sup>:**

- The Evil Queen infamously gave Snow White a poisoned apple to cause her to fall into a “Sleeping Death” in Disney’s *Snow White and the Seven Dwarfs* (1937).
- Disney’s “*Donald Applecore*” features Donald Duck picking apples – but then losing them to Chip and Dale who eat them and leave him only the cores.

**Enjoy Apples in these Original Dole Recipes:**

- [Steamboat Willie Green Apple Waldorf Salad](#), created in honor of Mickey Mouse’s 90<sup>th</sup> Anniversary
- [Arendelle Autumn Apple Crisp](#), inspired by Disney’s *Frozen 2*

### BANANAS

**Varieties Grown and Marketed by Dole:** [Baby](#) and [Cavendish](#)

**Health and Nutrition Benefits:**

- 422mg of Potassium, which helps maintain healthy blood pressure
- Contain resistant starch and prebiotic fiber, two compounds that can aid in weight loss
- An good source of vitamin C, which supports a healthy immune system, and a good source of Manganese for energy metabolism

**Connections to Disney<sup>3,4</sup>:**

- In Disney’s *The Lion King*, Rafiki repeats the Swahili phrase, "Asante Sana, squash banana, we we nugu, mi mi apana," which roughly translates to, "Thank you very much, squash banana, you are a baboon, and I am not."
- A banana is featured on the theatrical poster for Disney’s *Herbie Goes Bananas*.

**Enjoy Bananas in these Original Dole Recipes:**

- [Mini Cuban-Style Sandwiches with Grilled Bananas](#)
- There are more than [160 recipes using bananas](#) on dole.com – including some using the banana peel.

### BERRIES

**Varieties Grown and Marketed by Dole:** [Blackberries](#), [Blueberries](#), [Raspberries](#), [Strawberries](#)

**Health and Nutrition Benefits:**

- Blackberries are an excellent source of Dietary Fiber, which supports heart health.
- Blueberries are a good source of vitamin C (supports a healthy immune system) and an excellent source of vitamin K (supports normal blood clotting).
- Raspberries and Strawberries are excellent source of Manganese, which supports energy metabolism.

**Connections to Disney<sup>5</sup>:**

- In Disney’s *The Impossible Berries* from 1954, Mickey Mouse receives a box of "impossible berries," which supposedly allow him to perform impossible feats.

**Enjoy Berries in these Original Dole Recipes:**

- [Blueberry Paradise Smoothie](#)
- [Grilled Romaine with Balsamic Glazed Strawberries](#)

(more)

<sup>1</sup> [https://disney.fandom.com/wiki/Poisoned\\_Apple](https://disney.fandom.com/wiki/Poisoned_Apple) -: ~:text=The Poisoned Apple is a, known as her trademark object

<sup>2</sup> [https://disney.fandom.com/wiki/Donald\\_Applecore](https://disney.fandom.com/wiki/Donald_Applecore)

<sup>3</sup> <https://disney.fandom.com/wiki/Rafiki>

<sup>4</sup> [https://disney.fandom.com/wiki/Herbie\\_Goes\\_Bananas](https://disney.fandom.com/wiki/Herbie_Goes_Bananas)

<sup>5</sup> [https://disney.fandom.com/wiki/The\\_Impossible\\_Berries](https://disney.fandom.com/wiki/The_Impossible_Berries)

## **BROCCOLI**

### **Health and Nutrition Benefits:**

- Contains a powerful, nutritious mix of vitamins and minerals including excellent levels of vitamins A and C, as well as Folate to maintain a healthy heart.

### **Connections to Disney<sup>6</sup>:**

- In Pixar's *Inside Out*, Riley's experience with broccoli pizza is influenced by her early memories of having to eat broccoli as a child.

### **Enjoy Broccoli in these Original Dole Recipes:**

- [Broccoli and Spinach Snack Pockets](#)
- [Pride Rock Peanut Tofu with Broccoli and Tomatoes](#), inspired by Disney's *The Lion King*

## **PINEAPPLES**

### **Varieties Grown and Marketed by Dole:** Tropical Gold<sup>®</sup> and Royal Hawaiian<sup>®</sup> Tropical Gold<sup>®</sup>

### **Health and Nutrition Benefits:**

- Excellent source of vitamin C, which supports a healthy immune system.
- Excellent source of Manganese, which supports energy metabolism.

### **Dole History:**

- Dole's association with pineapples dates back to 1901 when James Drummond Dole began growing pineapples on the island of Oahu and founded the Hawaiian Pineapple Company, a precursor to [Dole Food Company](#) and Hawaii's long association with the beloved fruit.
- Dole still grows pineapples on Oahu – both at its farm in Wahiawa and at the [Dole Plantation](#), one of Hawaii's top visitor destinations. Only the Wahiawa pineapples are sold commercially beyond the Islands. You can find more info [here](#).
- Since some find it intimidating to cut a pineapple, Dole offers the definitive solution [here](#).

### **Connections to Disney:**

- Dole has sponsored Disney's Enchanted Tiki Room at Disneyland since 1966. In 1986, Dole introduced the Dole Whip which has since achieved cult-like status among Disney aficionados and the public.

### **Enjoy Pineapples in these Original Dole Recipes:**

- [DIY Dole Whip](#), the original frozen dessert available at Disneyland.
- [BBQ Chicken Stuffed Smoked Pineapple with Spicy Quick Pickled Cabbage](#)

## **LETTUCES**

- **Varieties Grown and Marketed by Dole:** [Arugula](#), [Butter](#), Chard, Endive, [Green Leaf](#), [Iceberg](#), Kale, Radicchio, [Red Leaf](#) and [Romaine](#).

### **Health and Nutrition Benefits:**

- Romaine Lettuce is an excellent source of vitamin A, which supports healthy vision; vitamin K, promoting normal blood clotting; and Folate, which contributes to a healthy heart.

### **Connections to Disney<sup>7</sup>:**

- In Disney's *Mickey's Garden*, Mickey Mouse accidentally grows super-sized vegetables and has to hide from giant bugs in a big head of lettuce.

### **Enjoy Lettuce in these Original Dole Recipes:**

- [Gorilla Walker Greens](#), inspired by *Star Wars: The Last Jedi*
- [Asian Lettuce Wraps](#)
- [Easy Potato and Tomato Soup](#)

(more)

<sup>6</sup> <https://disney.fandom.com/wiki/Disgust>

<sup>7</sup> [https://disney.fandom.com/wiki/Mickey%27s\\_Garden](https://disney.fandom.com/wiki/Mickey%27s_Garden)

## **SPINACH**

### **Health and Nutrition Benefits:**

- Good source of Potassium and Iron, which helps carry oxygen in the body.

### **Connections to Disney and Popular Culture<sup>8</sup>:**

- In Disney's *The Emperor's New Groove*, Kronk takes particular pride in his spinach puffs.

### **Enjoy Spinach in these Original Dole Recipes:**

- [Spinach and Chicken Stir-Fried Salad with Raspberries](#)
- [Kicked-Up Curried Cream Spinach](#)

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## **Other Fruit & Vegetable Fun Facts**

- Disney, Pixar, Marvel, and Star Wars characters have appeared on nearly 15 billion servings of Dole produce since 2016<sup>9</sup>.
- In *Star Wars: The Force Awakens*, horned melons, Romanesco and yellow dragon fruit can be seen when Rey sits down to eat at Maz Kanata's castle<sup>10</sup>.
- In Marvel Studios' *Avengers: Endgame*, Thanos appear to grow horned melons<sup>11</sup>.
- Baloo sings about pawpaws and pears in "Bare Necessities" in Disney's *The Jungle Book*<sup>12</sup> in 1967.

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## **Media Contacts**

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<sup>8</sup> <https://disney.fandom.com/wiki/Kronk>

<sup>9</sup> [https://www.dole.com/~media/AboutUs/Dole\\_Sustainability\\_Report.pdf](https://www.dole.com/~media/AboutUs/Dole_Sustainability_Report.pdf)

<sup>10</sup> <https://www.friedas.com/products/kiwano>

<sup>11</sup> <https://enzedexotics.com/2019/05/07/orange-fruit-in-the-new-avengers-movie>

<sup>12</sup> <https://genius.com/Walt-disney-records-the-bare-necessities-lyrics>