



Pineapple-Lemon Skillet Chicken and Potatoes

Prep: 15 mins Cook: 1 hr 2 Servings

INGREDIENTS

- 4 bone-in, skin-on chicken thighs (about 1 3/4 pounds)
- Kosher salt
- Freshly ground black pepper
- 2 Tbsp unsalted butter
- 3/4 lbs small red potatoes, unpeeled quartered (about 8 potatoes)
- 1 small lemon, cut into 1/4-inch-thick slices and halved
- 4 cloves garlic, thinly sliced
- 1 cup, Dole® Canned Pineapple Chunks (diced with juice)
- 1/4 tsp crushed red pepper flakes
- 2 Tbsp fresh Italian flat-leaf parsley, chopped

DIRECTIONS

Sprinkle the chicken on both sides with salt and pepper. Melt the butter in a large skillet over medium-high heat. Add the chicken skin-side down and cook until golden brown and crispy and the skin releases easily from the skillet, 6 to 7 minutes.

Reduce the heat to medium and flip the chicken over. Scatter the potatoes, then pineapples with juice, lemons and the garlic around the chicken. Add 2 oz water, red pepper flakes and 1/2 tsp salt. Cover and cook until the potatoes can be pierced easily with a fork, 8 to 10 minutes. Remove the lid and continue to cook until the liquid has evaporated and the thickest part of the chicken reaches 165° F (insert a meat thermometer to confirm temperature) and the potatoes start to crisp from the remaining fat in the pan, 8 to 10 minutes. Sprinkle with parsley.

Serve with green beans, asparagus, or your favorite vegetable. Spoon any remaining juices over each serving.



Sausage & Mango Chutney Burrito

Prep: 5 mins Cook: 5 mins 1 Serving

INGREDIENTS

- 1 sausage link, your choice, your favorite
- 1 mini flour or corn tortilla
- 1/2 oz olive oil
- 1 Tbsp mango chutney

DIRECTIONS

Heat a small skillet over medium heat adding the olive oil and single sausage link rolling it occasionally to brown the sausage. After about 3 minutes, add the tortilla to the skillet to slightly toast it on both sides.

Place the tortilla on plate add the sausage and top it with the mango chutney. Roll the tortilla up creating a burrito.

Mango Chutney

Prep: 15 mins Cook: 1 hr 2 Servings

INGREDIENTS

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| 1 Tbsp olive oil | 1 tsp mustard seeds |
| 2 cloves garlic minced | 4 oz water |
| 1/2 medium yellow onion, diced | 1/2 tsp cumin |
| 2 tsp grated fresh ginger OR 1 tsp dry ground ginger | 1/2 tsp red pepper flakes |
| 1 tsp honey | 1/4 tsp cinnamon |
| 1/2 cup white vinegar | 4 cups of Dole® Frozen Mangoes |

DIRECTIONS

Heat oil in a small saucepan over medium heat, then sauté garlic, onion, and ginger until onions are slightly translucent, about 5 minutes.

Add the onion mixture to a medium saucepan along with the rest of the ingredients. Stir well and bring to a gentle simmer over medium/low heat. Cook uncovered for 1 hour, stirring occasionally.

Mash with a fork or potato masher any remaining large mango chunks. Serve warm or chilled over the pan-seared chicken.



Pan Seared Tilapia with Sautéed Spinach and Mango Chutney

Prep: 10 mins Cook: 8 mins 4 Servings

INGREDIENTS

- 4 – 4 oz Tilapia fillets
- 1 pinch salt and pepper to taste
- 1 oz garlic powder
- 1 tbsp olive oil

DIRECTIONS

Rinse Tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt, pepper and garlic.

Heat the olive oil in a skillet over medium-high heat. Place the Tilapia fillets in the skillet and cook until the fish flakes easily with a fork, about 4 minutes per side. Serve with sautéed spinach and the mango chutney sauce.

Sautéed Spinach

Prep time: 5 mins Cook: 5 mins 4 Servings

INGREDIENTS

- 2 large bunches of spinach, about 1 lb
- 2 Tbsp extra virgin olive oil
- 3 cloves garlic, finely chopped
- Salt to taste

DIRECTIONS

Heat 2 Tbsp olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown.

Add spinach to the skillet, packing it down to fit within the pan. Use a spatula to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Turn the spinach mixture several times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for several minutes or until the spinach is wilted.

Drain any excess liquid from the pan. Add a little more olive oil, sprinkle with salt to taste if you desire. Serve with the Tilapia.

Mango Chutney

Prep: 15 mins Cook: 1 hr 2 Servings

INGREDIENTS

- 1 Tbsp olive oil
- 2 cloves garlic minced
- 1/2 medium yellow onion, diced
- 2 tsp grated fresh ginger OR 1 tsp dry ground ginger
- 1 tsp honey
- 1/2 cup white vinegar
- 1 tsp mustard seeds
- 4 oz water
- 1/2 tsp cumin
- 1/2 tsp red pepper flakes
- 1/4 tsp cinnamon
- 4 cups of Dole® Frozen Mangoes

DIRECTIONS

Heat oil in a small saucepan over medium heat, then sauté garlic, onion, and ginger until onions are slightly translucent, about 5 minutes.

Add the onion mixture to a medium saucepan along with the rest of the ingredients. Stir well and bring to a gentle simmer over medium/low heat. Cook uncovered for 1 hour, stirring occasionally.

Mash with a fork or potato masher any remaining large mango chunks. Serve warm or chilled over the pan-seared chicken.



Pan-Seared Chicken Thighs with Mango Chutney

Prep: 5 mins

Cook: 15 mins

6 Servings

INGREDIENTS

3 lbs. skinless boneless chicken thighs

1/4 cup olive oil

2 tsp salt

1 tsp coarse black pepper

DIRECTIONS

Use a paper towel to pat chicken dry and season generously with salt and pepper.

Heat the olive oil in a large skillet, cook over high heat until oil begins to smoke.

Working in batches, add chicken to skillet without crowding. Cook chicken on one side without turning for 5 minutes. This step will help ensure your chicken gets extra crispy.

Flip chicken over and reduce heat to medium low. Continue cooking until chicken is cooked through with an internal temperature of 170°F.

Mango Chutney

Prep: 15 mins

Cook: 1 hr

2 Servings

INGREDIENTS

1 Tbsp olive oil

2 cloves garlic minced

1/2 medium yellow onion, diced

2 tsp grated fresh ginger OR 1 tsp dry ground ginger

1 tsp honey

1/2 cup white vinegar

1 tsp mustard seeds

4 oz water

1/2 tsp cumin

1/2 tsp red pepper flakes

1/4 tsp cinnamon

4 cups of Dole® Frozen Mangoes

DIRECTIONS

Heat oil in a small saucepan over medium heat, then sauté garlic, onion, and ginger until onions are slightly translucent, about 5 minutes.

Add the onion mixture to a medium saucepan along with the rest of the ingredients. Stir well and bring to a gentle simmer over medium/low heat. Cook uncovered for 1 hour, stirring occasionally.

Mash with a fork or potato masher any remaining large mango chunks. Serve warm or chilled over the pan-seared chicken.

Serve with Jackson Au-Gratin Potatoes!



Jackson Au-Gratin Potatoes

Prep: 30 mins

Cook: 1 hr. and 30 mins

4 Servings

INGREDIENTS

4 russet potatoes, sliced into 1/4-inch slices

1 onion, diced

1 cup Dole® Pineapple Juice

Salt and pepper to taste

3 Tbsp butter

3 Tbsp all-purpose flour

1/2 tsp salt

1 cup milk

1 1/2 cups shredded Cheddar cheese

DIRECTIONS

Preheat oven to 400° F (200° C). Butter a medium casserole dish.

Layer 1/2 of the potatoes into bottom of the prepared casserole dish. Top with diced onion and add the remaining potatoes. Season with salt and pepper to taste.

In a medium saucepan, melt butter over medium heat. Mix in the flour and salt and stir constantly with a whisk for one minute. Stir in milk and pineapple juice and cook until mixture has thickened. Stir in cheese all at once, and continue stirring until melted, about 60 seconds. Pour cheese over the potatoes and cover the dish with aluminum foil.

Bake 1 1/2 hours in the preheated oven.



Tropical Chicken Parmesan

Prep: 10 mins

Cook: 25 mins

4 Servings

INGREDIENTS

4 skinless, boneless chicken breast, halves

1/2 cup flour

2 eggs

2/3 cup Panko bread crumbs

1-15.25 oz can of Dole® Tropical Fruit (drained)

2/3 cup Italian seasoning

1/3 cup Parmesan cheese, grated

2 Tbsp parsley

4 Tbsp olive oil

24 oz tomato sauce

1 cup mozzarella cheese, shredded

1/4 cup Parmesan cheese, shredded

Basil & parsley fresh, chopped

DIRECTIONS:

Preheat oven to 425°F.

Combine Panko bread crumbs, Italian seasoning, grated Parmesan, 2 Tbsp fresh parsley, salt and pepper to taste in a shallow dish.

Pound chicken breasts to 1/2" thick (large breasts can be cut in half).

Place flour in shallow dish. Dip chicken into flour and shake to remove any excess. Place the eggs in a second dish (and beat with a fork). Dip chicken in beaten eggs and then into bread crumb mixture (press to adhere).

Heat oil in a large pan. Brown chicken on each side, about 4 minutes per side or until golden.

Place 1 1/2 cups of tomato sauce in the bottom of a baking pan. Add browned chicken. Top each piece with tomato sauce, 2 tsp of Dole® Tropical Fruit (drained), mozzarella and Parmesan cheeses.

Bake 20-25 minutes or until golden and bubbly and chicken reaches 165°F (insert a meat thermometer to confirm temperature). Sprinkle with fresh herbs and serve.





Peanut Butter and Mango Sandwich

Prep: 5 mins Cook: 8 mins Yield: 1 Sandwich

INGREDIENTS

2 tsp butter
2 slices brioche bread
1 tsp peanut butter
2 tsp mango chutney

DIRECTIONS

Heat griddle or skillet over medium heat and add butter

Spread peanut butter on one side of bread. Then spread Mango Chutney on the other side of bread. Place one slice, buttered side down on the griddle. Top with other slice, so that peanut butter and mango chutney are in the middle. Cook for 4 minutes on each side, or until golden brown, and heated through.

Mango Chutney

Prep: 15 mins Cook: 1 hr 2 Serving

INGREDIENTS

1 Tbsp olive oil	1 tsp mustard seeds
2 cloves garlic minced	4 oz water
1/2 medium yellow onion, diced	1/2 tsp cumin
2 tsp grated fresh ginger OR 1 tsp dry ground ginger	1/2 tsp red pepper flakes
1 tsp honey	1/4 tsp cinnamon
1/2 cup white vinegar	4 cups of Dole® Frozen Mangoes

DIRECTIONS

Heat oil in a small saucepan over medium heat, then sauté garlic, onion, and ginger until onions are slightly translucent, about 5 minutes.

Add the onion mixture to a medium saucepan along with the rest of the ingredients. Stir well and bring to a gentle simmer over medium/low heat. Cook uncovered for 1 hour, stirring occasionally.

Mash with a fork or potato masher any remaining large mango chunks. Serve warm or chilled over the pan-seared chicken.



Turkey Pad Thai

Prep: 10 mins Cook: 5 mins 4 Servings

INGREDIENTS

1/4 cup boiling water	8 oz Linguini, broken in half
1/4 cup honey 1 lime, juiced	2 Tbsp vegetable oil
2 tsp fish sauce	1/2 yellow onion, sliced
1 cup Dole® Pineapple Juice	3 cloves garlic, minced
2 Tbsp Dole® Raisins	3 eggs, slightly beaten
2 Tbsp rice vinegar	1/2 cup, Dole® Canned Pineapple Chunks, diced
1 Tbsp Sriracha hot sauce	1 large carrot, grated
1 1/2 cups shredded cooked turkey	1/2 cup chopped fresh cilantro
	3 scallions, cut into 3/4-inch pieces

DIRECTIONS:

Heat the water to a boil and pour into a large bowl over the honey stirring to dissolve. Add the lime juice, pineapple juice, fish sauce, rice vinegar, and Sriracha and stir. Place the shredded turkey in the sauce and let it absorb the flavors while prepping the rest of the dish.

Prepare the pasta cooking the linguine one minute less than the manufacturer's recommended cook time.

Drain, and set aside.

Heat the oil in a wok or large sauté pan over high heat until very hot, almost smoking. Add the onions and stir fry 1 minute. Add the garlic and stir. Then add the eggs, stirring and cooking for 30 seconds. Add the Linguini and turkey with sauce and cook, stirring for a few minutes. Remove from heat add the grated carrots, raisins, pineapples, cilantro, and scallions. Serve.



Mandarin Orange Chicken Stir-Fry

Prep: 10 mins Cook: 20 mins 4 Servings

INGREDIENTS

- 2 lbs skinless and boneless chicken breasts, thinly sliced
- 2 Tbsp dark sesame oil, divided
- 2 garlic cloves, finely minced
- 1 head broccoli, stems removed
- 1 dozen mushrooms, sliced
- 3 carrots, peeled and julienned
- 1 cup, Dole® Mandarin Oranges, drained
- 1/4 lb green beans, diced
- 1 green cabbage, chopped
- 2 to 3 Tbsp teriyaki sauce

DIRECTIONS

Heat 1 Tbsp sesame oil in a sauté pan over medium heat. Add garlic and stir. Place the sliced chicken in the pan. Add remaining Tbsp of sesame oil in the same sauté pan add the vegetables, mandarin oranges, and teriyaki sauce cook over high heat. Stir-fry quickly until the vegetables begin to slightly soften. Cook for 2 to 3 minutes and then serve.



Tropical Italiano Pasta Sauce

Prep: 5 mins Cook: 35 mins Yield: 3 cups

INGREDIENTS

- 2 Tbsp extra virgin olive oil
- 1/2 medium onion, finely chopped
- 1 small carrot or 1/2 large carrot, finely chopped
- 1/2 cup Dole® Pineapple Chunks, diced with juice
- 1/2 cup Dole® Frozen Mangoes, thawed
- 1 small stalk of celery, including the green tops, finely chopped
- 2 Tbsp chopped fresh parsley
- 1 clove garlic, minced
- 1/2 tsp dried basil or 2 Tbsp chopped fresh basil
- 1 28 oz. can whole tomatoes, including the juice, or 1 3/4 pound of fresh tomatoes, peeled, seeded, and chopped
- 1 tsp tomato paste
- Salt and freshly ground black pepper to taste

DIRECTIONS:

Heat olive oil in a large wide skillet on medium heat. Add the chopped onion, carrot, celery and parsley.

Reduce the heat to low, cover the skillet and cook for 15 to 20 minutes, stirring occasionally until the vegetables are softened and cooked through.

Remove the cover and add the minced garlic. Increase the heat to medium high and cook for 30 seconds.

Add pineapple chunks, mangoes, tomato paste, basil, salt, pepper, then simmer: Add the tomatoes, including the juice and shredding them with your fingers if you are using canned whole tomatoes. Season with salt and pepper to taste.

Bring to a low simmer, reduce the heat to low and cook, uncovered until thickened, about 15 minutes. Serve over your favorite pasta!



Festive Fruit Bowls

Prep: 5 mins Thaw: 20 mins 4 Servings

INGREDIENTS

1/2 of a 7oz bag of Dole® Frozen Sliced Strawberries and Bananas, thawed
1/2 of a 8oz Dole® Frozen Sliced Peaches, thawed
4oz whipped cream or favorite whipped topping
5oz mango chutney

DIRECTIONS

Mix together in a large bowl the thawed strawberries, bananas, peaches and 5 oz of mango chutney. Serve in individual bowls and spoon on about 4 oz of whipped cream or your favorite whipped topping.

Mango Chutney

Prep: 15 mins Cook: 1 hr 2 Servings

INGREDIENTS

1 Tbsp olive oil	1 tsp mustard seeds
2 cloves garlic minced	4 oz water
1/2 medium yellow onion, diced	1/2 tsp cumin
2 tsp grated fresh ginger OR 1 tsp dry ground ginger	1/2 tsp red pepper flakes
1 tsp honey	1/4 tsp cinnamon
1/2 cup white vinegar	4 cups of Dole® Frozen Mangoes

DIRECTIONS

Heat oil in a small saucepan over medium heat, then sauté garlic, onion, and ginger until onions are slightly translucent, about 5 minutes.

Add the onion mixture to a medium saucepan along with the rest of the ingredients. Stir well and bring to a gentle simmer over medium/low heat. Cook uncovered for 1 hour, stirring occasionally.

Mash with a fork or potato masher any remaining large mango chunks. Serve warm or chilled over the pan-seared chicken.