



Nutrition Bang  
for Your Buck

# BUDGET Cookbook

25 Easy, Healthy Recipes



Because You Can't **Afford** To Eat Unhealthy!

# BUDGET Cookbook

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# Good Food + Good Health for Less

## The Thrifty 13

These choices help you get the most nutrition for your money.

1. Bananas
2. Spinach
3. Watermelon
4. Cabbage
5. Apples
6. Cauliflower
7. Carrots
8. Berries
9. Potatoes
10. Onions
11. Beans\*
12. Tomatoes\*
13. Tuna\*

\*Canned

David H. Murdock, chairman of Dole, gets asked a lot about what he eats to keep so fit at age 89. When he describes his diet of primarily fruit, vegetables, fish, nuts, and beans, someone invariably complains, “Well, I can’t afford to eat like that.” Our response: You can’t afford not to eat like that. A healthy diet is the best investment when you’re on a tight budget—helping head off hefty health care costs, like those associated with obesity and related conditions.

### The Real Costs

Coming on the heels of the USDA report busting the myth that healthy food is more expensive than junk food, our Dole Budget Cookbook takes a radically different approach to cheap eats. Beyond the obvious advice—stock up on staples, buy in bulk, etc.—our philosophy is based on choosing foods that provide the biggest nutrition bang for your buck. Our Thrifty 13 list draws on both price per pound and nutrient density data. (And you’ll find them featured in deliciously simple recipes throughout this cookbook!)

The whole myth of healthy food being more expensive than junk food comes from a study that looked at price per calorie. When you look at price per *nutrient*, fruit and vegetables offer a far better bargain. You also need to consider that cheap calories don’t satisfy your appetite or nutritional needs. Junk food cheats you on nutrients and fiber—setting you up for cravings for pricey snacks that will empty your wallet and bankrupt your health.

### Valuing Your Time

If you’re pressed for cash, you’re also probably pressed for time. You can often save money buying and preparing ingredients from scratch, but don’t assume that’s the only way you can afford to go. Packaged items—frozen berries, canned pineapple, and bagged salads—are often surprisingly price-competitive with fresh bulk produce. If a bit of processing helps get fruit, veggies, fish, and beans on the menu, then don’t discount the option. And don’t forget to take advantage of your own “processed” food, by freezing leftovers or even whole food ingredients that might otherwise go bad.

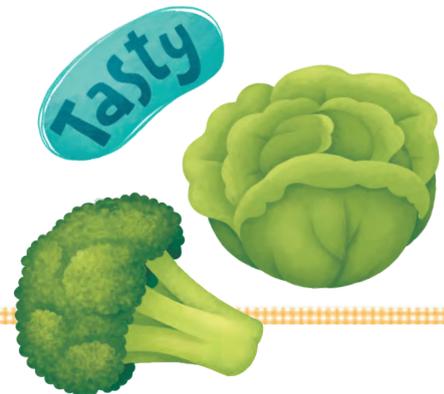
## A Dangerous Food Myth

It’s just not true that healthy food is more expensive:

- A banana is four times cheaper than a candy bar.
- Baby carrots beat potato chips on price.
- Fruit bowls are an affordable alternative to cookies.

### Putting It All Together

Looking for more ways to stretch your dollar without compromising on nutrition or convenience? In addition to a bonanza of tasty, budget-savvy recipes, this cookbook is packed with penny-pinching tips and helpful health hints that will keep you cooking nutritiously and judiciously for a lifetime. So let’s head to the kitchen!



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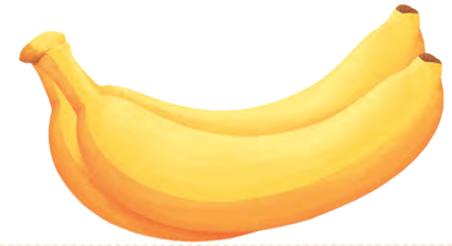
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## The Thrifty 13

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1. Bananas
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3. Watermelon
4. Cabbage
5. Apples
6. Cauliflower
7. Carrots
8. Berries
9. Potatoes
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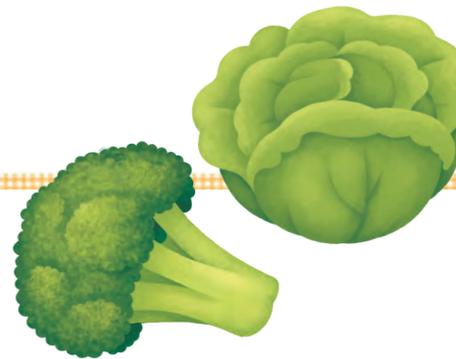
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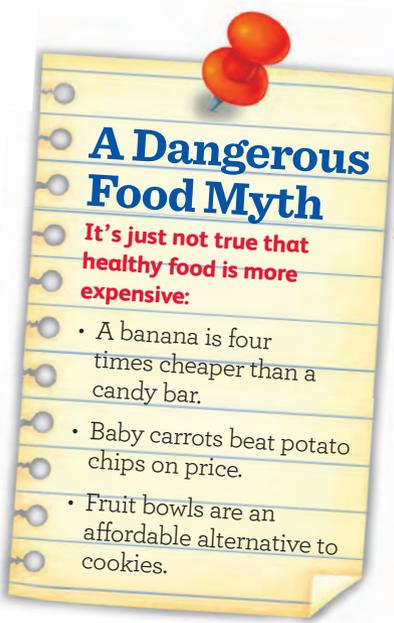
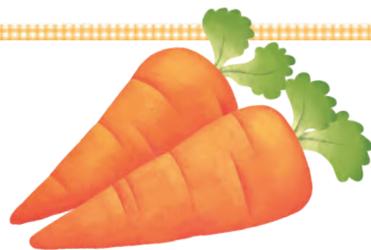
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**health boost**  
De-stress with a banana—its B<sub>6</sub> helps the brain make serotonin.



**money saving**

Don't waste ripe bananas—enjoy them in smoothies and bread. Or freeze, then blend with a bit of milk for a healthy “ice cream.”

## Banana Pancakes



Makes: 4 servings (3 pancakes each)  
• Prep time: 10 min • Total time: 20 min

### Pancake Mix

- 5 cups all-purpose flour
- 1 cup cornmeal
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1½ teaspoons baking soda
- 1½ teaspoons salt

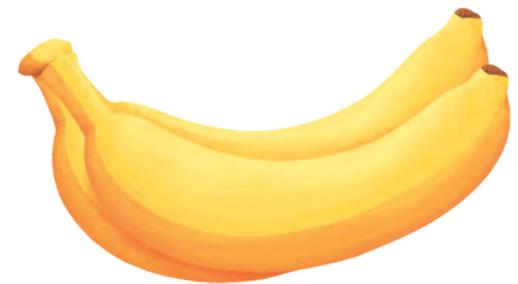
### Pancake Batter

- 2 cups low-fat buttermilk
- ½ cup liquid egg whites
- 2 tablespoons canola oil, plus more for skillet
- 2 cups Pancake Mix (above)
- 2 large DOLE® bananas, sliced

- 1** To make the pancake mix: Combine the flour, cornmeal, sugar, baking powder, baking soda, and salt in a large container with a tight-fitting lid. Shake to mix. Use within 2 months.
- 2** To make the pancake batter: Whisk together the buttermilk, egg whites, and canola oil in a large bowl. Add the pancake mix and stir to combine (don't worry about getting all the lumps out).
- 3** Brush a nonstick griddle or large nonstick skillet with canola oil and heat over medium-high heat.
- 4** Ladle batter onto griddle (about ⅓ cup batter per pancake). Gently flip when bubbles begin to set around the edges of the pancakes. Continue to cook 2 to 3 minutes or until the pancake is set. Repeat until all batter is used. Serve topped with banana slices.

Nutrition highlights (per serving): 440 cal, 10 g fat, 16g pro, 71 g carb, 3 g fiber, 710 mg sod

**Prep Tip**  
**Enjoy Now, Save Later.** This recipe makes enough pancake mix for three batches at a cost of about \$1.07—a comparable box of prepared mix is about \$2.50.



## Cinnamon Pear-Berry Smoothie



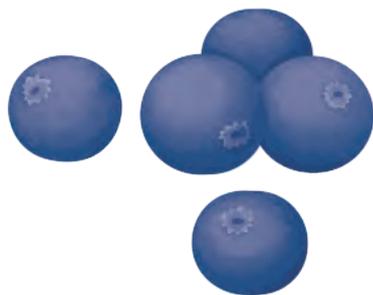
Makes: 4 servings (1 cup each) • Prep time: 15 min  
• Total time: 15 min

- 1 DOLE® banana, extra ripe
- 1 DOLE pear, quartered, seeds and stem removed
- 1 cup DOLE fresh frozen blueberries, partially thawed
- ½ cup vanilla or plain low-fat yogurt
- ¼ cup non-fat milk
- 1-2 cups crushed ice
- 1 tablespoon honey
- ¼ teaspoon ground cinnamon



- 1 Cut banana and pear in thirds.
- 2 Combine banana, pear, blueberries, yogurt, milk, ice, honey, and cinnamon in blender container. Cover and process until smooth.

Nutrition highlights (per serving): 120 cal, 1 g fat, 3 g pro, 27 g carb, 3 g fiber, 30 mg sod



When fresh isn't in season, frozen berries are particularly good for smoothies, salads, baked goods, and toppings.

## Peanut Butter and Banana Muffins



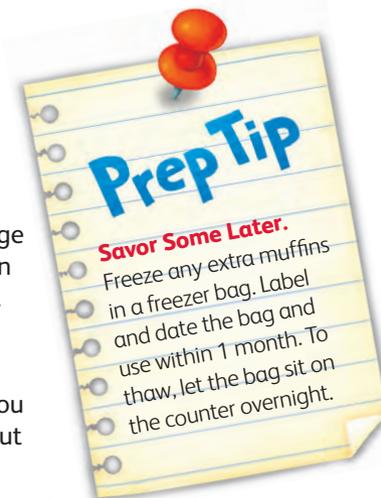
Makes: 12 muffins • Prep time: 25 min  
• Total time: 45 min

- ½ cup finely chopped peanuts
- ¼ teaspoon ground cinnamon
- ¾ cup packed brown sugar, divided
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon salt
- ½ cup creamy peanut butter
- 2 large eggs
- ¾ cup fat-free Greek yogurt
- 2 ripe DOLE® bananas, mashed



- 1 Preheat oven to 375°F. Coat muffin cups with canola oil or line with muffin liners.
- 2 Combine peanuts, cinnamon, and ¼ cup brown sugar in a small bowl. Set aside.
- 3 Combine remaining ½ cup brown sugar, flour, baking powder, and salt in another bowl. Set aside.
- 4 Combine peanut butter and eggs in a large mixing bowl. Whisk until smooth. Whisk in yogurt and bananas. Stir in flour mixture. (The batter will be very thick.)
- 5 Scoop mixture into prepared muffin cups (use a spring-loaded ice cream scoop if you have one). Sprinkle a tablespoon of peanut mixture on top of each muffin.
- 6 Bake for 20 minutes until a toothpick inserted in the center of a muffin comes out clean. Let cool for 5 minutes. Transfer muffins to a rack and let cool completely.

Nutrition highlights (per serving): 250 cal, 9 g fat, 9 g pro, 33 g carb, 2 g fiber, 220 mg sod



health  
boost

Sweet potatoes are low in calories but high in fiber and vitamin A.

money  
saving

Sweet potatoes are among the 10 cheapest veggies per pound. Try them baked, mashed, or roasted and tossed in a salad.

Sweet Potato  
and Turkey Hash

Makes: 4 servings • Prep time: 10 min  
• Total time: 25 min

- 1 tablespoon olive oil
  - 1 DOLE® sweet potato (about 12 oz.), chopped
  - ½ DOLE red bell pepper, chopped
  - ¼ DOLE red onion, chopped
  - 1 teaspoon Creole seasoning
  - 2 cups chopped cooked skinless turkey breast
  - ¼ cup fresh parsley, chopped
  - Hot sauce (optional)
- 1 Heat the olive oil in a large nonstick skillet over medium-high heat.
  - 2 Add the sweet potato and cook for 10 minutes, stirring frequently, until it begins to brown. Add the bell pepper, onion, and Creole seasoning. Reduce heat to low and cook for 5 minutes longer until vegetables soften. Add the turkey and cook until turkey is warmed through.
  - 3 Sprinkle parsley on top and serve with hot sauce, if desired.

Nutrition highlights (per serving): 140 cal, 4g fat, 17 g pro, 7 g carb, 1 g fiber, 120 mg sod

## Prep Tip

**Save with a Substitute.** No need to scrimp on flavor when recipes call for herbs. Dry herbs can be substituted (3 tablespoons fresh for 1 tablespoon dry), and fresh herbs can be frozen and used when needed.

Budget-Friendly  
Low-Cost



**health boost**  
Breakfast eaters are less likely to be obese than skippers.



**money saving**

Surprisingly, boxed egg whites are actually priced competitively with a carton of whole eggs—and contain no saturated fat.

## Golden Frittata

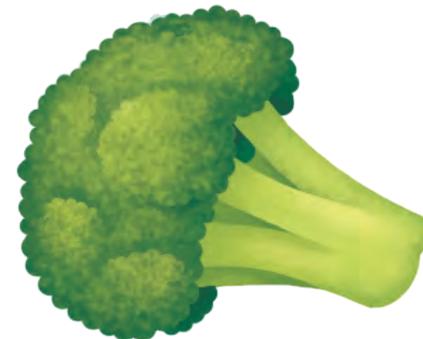


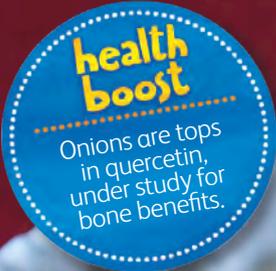
Makes: 6 servings • Prep time: 25 min  
• Total time: 45 min

- 1 tablespoon olive oil
  - 3 small DOLE® russet potatoes (about 12 oz.), chopped
  - ½ teaspoon salt
  - ¼ teaspoon ground black pepper
  - ½ cup chopped DOLE red bell pepper
  - ½ cup chopped DOLE red onion
  - 2 cups chopped DOLE broccoli
  - 2 cups liquid egg whites
  - ¼ teaspoon ground turmeric
- 1 Preheat the oven to 350°F.
  - 2 Heat the olive oil in a 10" nonstick ovenproof skillet over medium-high heat. Add the potatoes, salt, and pepper. Cook for 5 minutes, until potatoes begin to brown. Add the bell pepper and onion; cook for 2 minutes longer. Add the broccoli and remove from heat.
  - 3 Combine the egg whites and turmeric in a medium bowl. Pour over the vegetable mixture. Give the pan a few good shakes to ensure the egg mixture settles over the bottom of the pan. Bake for 20 minutes, until set in the center. Loosen the edges of the frittata with a spatula and slide it onto a serving plate.

Nutrition highlights (per serving): 190 cal, 5 g fat, 13 g pro, 22 g carb, 3 g fiber, 360 mg sod

**Prep Tip**  
**Skip the Tears.** Make sure to use a sharp knife when chopping onions. Minimizing damage to the cell walls allows fewer irritants to be released.





Save by growing your own ingredients. To get started with ease, check out the Dole Garden Kit ([dole.com/gardenkit](http://dole.com/gardenkit)).

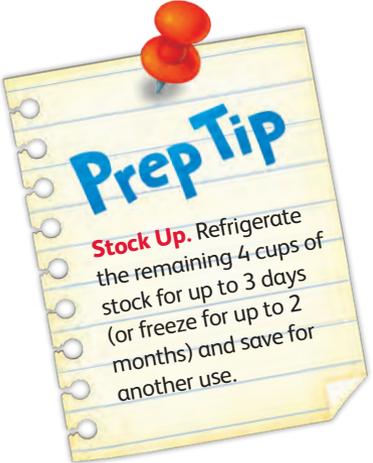
# Mexican Chicken and Rice Soup



Makes: 4 servings (1 1/3 cups each)  
• Prep time: 10 min • Total time: 40 min

- 4 (6-oz.) chicken thighs
  - 2 small DOLE® carrots
  - 1/2 DOLE onion
  - 1 bay leaf
  - 1 1/2 teaspoons salt
  - 1 cup cooked brown rice
  - 2 tablespoons chopped DOLE red onion
  - 2 tablespoons chopped fresh DOLE cilantro
  - 1/2 lime, cut into wedges
- 1 Place chicken thighs, carrots, onion, bay leaf, and salt in a large stockpot and cover with 8 cups of cold water. Cook over medium-high heat just until the mixture begins to boil. Reduce heat and simmer for 30 minutes, until chicken is tender. Remove all the ingredients from the stock. Discard the onion and bay leaf. When cool enough to handle, remove chicken from the bone and chop the chicken and carrot into bite-sized pieces.
  - 2 Place 1/4 cup rice in the bottom of each of 4 bowls. Distribute the chicken, carrots, chopped red onion, and cilantro evenly among them and top with 1 cup of stock. Squeeze a little lime juice on top and serve garnished with wedge.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod



## White Bean and Corn “Chowder”



Makes: 4 servings (1 cup each)

• Prep time: 5 min • Total time: 15 min

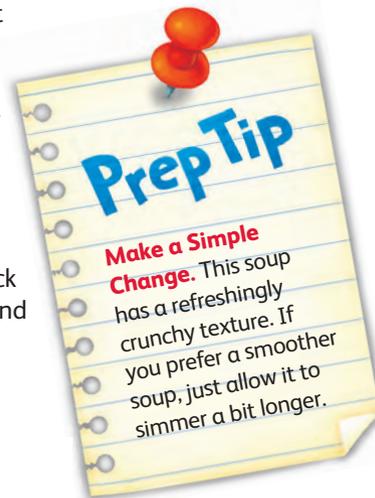
- 1 tablespoon olive oil
- ¼ cup chopped DOLE® onion
- 2 cups prepared no-salt-added vegetable broth
- 1 can (15 oz.) cannellini beans, rinsed and drained
- ½ teaspoon salt
- 1 can (11 oz.) sweet corn, drained
- ¼ cup finely chopped DOLE red bell pepper
- 2 tablespoons chopped fresh parsley



**1** Heat the olive oil in a medium stockpot over medium-high heat. Add the onion and cook for 5 minutes, until soft. Add the broth, beans, and salt. Reduce heat to medium and cook a few minutes longer, until heated through.

**2** Transfer soup to a food processor or blender, or use immersion blender and process until smooth. Transfer soup back to pot, and add the corn, bell pepper, and parsley. Heat through until warm.

Nutrition highlights (per serving): 190 cal, 4 g fat, 9 g pro, 33 g carb, 7 g fiber, 1,260 mg sod



## Chunky Veggie Chili



Makes: 6 servings (1⅓ cups each)

• Prep time: 15 min • Total time: 45 min

- 1 tablespoon olive oil
- ½ large DOLE® onion (about 1 cup), chopped
- ½ DOLE red bell pepper (about 1 cup), chopped
- 3 small DOLE carrots (about 1 cup), chopped
- ¼ cup chili powder
- 1 small zucchini (about 1½ cups), chopped
- 1 can (28 oz.) diced tomatoes with green pepper and onion
- 2 cans (15 oz. each) black beans, rinsed and drained
- 1 DOLE green onion, sliced



**1** Heat the olive oil in a large stockpot over medium-high heat. Add the onion, bell pepper, and carrots. Cook for 5 minutes, stirring occasionally, until vegetables begin to soften.

**2** Add the chili powder and cook for 1 minute longer or until fragrant. Add the zucchini, tomatoes, and beans. Bring mixture to a boil. Reduce heat and simmer, partially covered, for 30 minutes. Serve with sliced green onion on top.

Nutrition highlights (per serving): 300 cal, 4 g fat, 15 g pro, 53 g carb, 18 g fiber, 530 mg sod



Try coordinating meal swaps with friends and family. You can make large batches of easy dishes then trade for variety.

## Carrot-Ginger Soup



Makes: 4 servings (1 cup each)

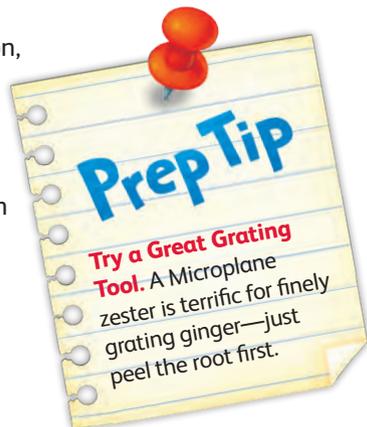
• Prep time: 5 min • Total time: 30 min

- ¾ lb. DOLE® carrots (about 6 or 7), coarsely chopped
- 2 cups no-salt-added vegetable broth
- 1½ cups water
- ½ cup finely chopped DOLE onion
- 1 tablespoon grated fresh ginger
- 1 teaspoon salt
- 1 DOLE green onion, thinly sliced (optional)



- 1 Combine the carrots, broth, water, onion, ginger, and salt in a small pot. Bring mixture to a boil. Reduce heat to a low boil and cook for 20 to 25 minutes, until carrots are easy to mash when pressed against the side of the pot with the back of a spoon.
- 2 Transfer soup to a food processor or blender or use immersion blender and process until smooth. Top with green onion, if desired.

Nutrition highlights (per serving): 50 cal, 0 g fat, 1 g pro, 12 g carb, 3 g fiber, 1,120 mg sod



## Cabbage Soup



Makes: 10 servings (1⅓ cups each)

• Prep time: 20 min • Total time: 50 min

- 2 teaspoons olive oil
- 1 small head green cabbage (about 3 lbs.), coarsely chopped
- ½ large DOLE® onion (about 1 cup), finely chopped
- 1½ teaspoons salt
- 4 DOLE red potatoes (about 1 lb.), coarsely chopped
- 3 small DOLE carrots (about 1 cup), coarsely chopped
- 5 cups water
- 1 can (14 oz.) crushed tomatoes
- 1 tablespoon dried dill



- 1 Heat the olive oil in a large stockpot over medium-high heat. Add the cabbage, onion, and salt. Cook, stirring regularly, for about 5 minutes, until the vegetables begin to soften.
- 2 Add the potatoes, carrots, water, tomatoes, and dill. Bring mixture to a boil, reduce heat to low, and cover. Simmer for 30 minutes, until vegetables are tender.

Nutrition highlights (per serving): 110 cal, 1 g fat, 4 g pro, 23 g carb, 5 g fiber, 450 mg sod



Priced by weight, potatoes are the cheapest vegetable and offer vitamin C, vitamin B<sub>6</sub>, and potassium.



Dehydration is often mistaken for hunger. When on the go, bring water to help avoid grabbing for pricey snacks on the run.

# Vegetable Lasagna



Makes: 8 servings • Prep time: 45 min  
• Total time: 2 hr

- 1 tablespoon olive oil
- 1 cup chopped DOLE® onion
- 1 package (8 oz.) sliced DOLE mushrooms
- ¾ teaspoon salt, divided
- ½ teaspoon ground black pepper, divided
- 1 bag (16 oz.) frozen spinach, thawed
- 2 packages (12 oz. each) soft silken tofu, drained
- 4 teaspoons minced garlic
- 1 can (28 oz.) crushed tomatoes
- 1 teaspoon dried oregano
- 1 box (9 oz.) no-boil lasagna noodles
- 1½ cups DOLE shredded carrots
- 1 cup shredded part-skim mozzarella (4 oz.)

- 1 Preheat oven to 350°F.
- 2 Warm the olive oil in a large nonstick skillet over medium-high heat. Add the onion and cook for 3 minutes, until it begins to soften. Add the mushrooms, ¼ teaspoon of salt, and ¼ teaspoon of pepper. Continue cooking for 5 minutes or until mushrooms have browned. Remove from heat.
- 3 Squeeze as much water from the spinach as possible and scatter over the mushroom mixture. Set aside.
- 4 Mash the tofu with the back of a fork in a medium bowl. Add 1 teaspoon of garlic and the remaining ½ teaspoon of salt and ¼ teaspoon pepper. Stir until well combined. Set aside.
- 5 Open the can of tomatoes and add the remaining garlic and the oregano. Stir until well combined.
- 6 Layer 1 cup of tomato mixture in the bottom of a 9" x 13" baking dish. Layer three noodles, side by side, on top. Spread 1 cup of the tofu mixture over the noodles, followed by ½ cup of the carrots, ⅓ of the tofu mixture, ⅓ of the spinach mixture, and ¼ of the remaining tomato mixture. Repeat 2 more times, followed by a final layer of noodles, remaining tomato mixture, and cheese. Cover with foil and bake for 45 minutes. Uncover and bake another 15 minutes. Let stand 10 minutes before slicing.

Nutrition highlights (per serving): 300 cal, 7 g fat, 16 g pro, 42 g carb, 5 g fiber, 550 mg sod

**health boost**  
 In a study, chickpeas helped people eat less junk food.



**money saving**

Refrigerate the leftover pineapple sauce to use as a ready-to-go topping for pancakes, desserts, or grilled poultry or fish dishes.

## Chickpea Burgers with Homemade Pineapple Sauce



meatless

Makes: 4 burgers + 2 cups pineapple sauce  
 • Prep time: 10 min • Total time: 20 min

### Pineapple Sauce

- 1 can (20 oz.) DOLE® crushed pineapple
- 1 tablespoon cornstarch
- 2 teaspoons honey

### Burgers

- 1 can (15 oz.) chickpeas, rinsed and drained
- ½ cup cooked brown rice
- ¼ cup DOLE cilantro
- ¼ cup coarsely chopped DOLE red onion
- 2 tablespoons creamy or chunky peanut butter
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 teaspoon olive oil
- 4 multigrain sandwich buns
- 1 tomato, sliced (optional)
- 4 leaves lettuce

- 1 To make the pineapple sauce:** Combine the pineapple, cornstarch, and honey in a small saucepan over medium heat. Cook for 2 to 3 minutes, until thick. Transfer mixture to a food processor or use an immersion blender and process until smooth.
- 2 To make the burgers:** Combine ½ cup chickpeas and the rice in a large bowl. Mash together until chunky. Set aside.
- 3** Combine the remaining chickpeas, cilantro, onion, peanut butter, flour, cumin, and salt in a food processor. Pulse a few times, until the mixture is smooth with a few chunky pieces still visible. Transfer to a large bowl, add the chickpea-rice mixture, and stir with a fork, mashing lightly if necessary, until thoroughly combined. Shape mixture into 4 burgers.
- 4** Heat the olive oil in a large nonstick skillet over medium heat. Cook the burgers 5 to 7 minutes, flipping halfway through. Serve on sandwich buns with tomato slices (if using), lettuce, and 1 tablespoon pineapple sauce on top of each burger.

Nutrition highlights (per serving): 500 cal, 11 g fat, 18 g pro, 85 g carb, 14 g fiber, 390 mg sod

**Affordable**

**health boost**  
Peanuts contain an appetite-satisfying combo—fiber and protein.



**money saving**

Spinach may cost a bit more, but as a top source of 13 nutrients, including 540 percent of the day's vitamin K, it pays off!

## Indonesian Peanut Salad



Makes: 4 servings • Prep time: 15 min

• Total time: 25 min

- 1 package (14 oz.) extra-firm tofu
- 1 teaspoon canola oil
- 1 teaspoon toasted sesame oil
- ¼ teaspoon salt
- ⅓ cup creamy peanut butter
- Juice from ½ fresh lime
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons grated fresh ginger
- 1 package (9 oz.) DOLE® fresh spinach
- 1 cup DOLE shredded carrots
- 1 cup grape tomatoes, sliced
- 1 large DOLE banana, chopped
- 1 cucumber, peeled and chopped
- ¼ cup peanuts

- 1 Press tofu between several layers of paper towels to drain as much water as possible. Cut the tofu into 16 triangle-shaped pieces (cut first so that knife is parallel to the cutting surface, then cut the top of the block as if cutting a pie into 8 wedges).
- 2 Heat the oils in a large nonstick skillet over medium-high heat. Arrange the tofu in the skillet and sprinkle with salt. Cook for 10 minutes, flipping halfway through, until golden brown on both sides.
- 3 Meanwhile, combine the peanut butter, lime juice, soy sauce, ginger, and 1/3 cup water in a small bowl. Whisk until smooth.
- 4 Divide the spinach among 4 serving plates and top with carrots, tomatoes, banana, and cucumber. Place 4 pieces of tofu on each plate and top with 3 tablespoons of the peanut dressing. Sprinkle with peanuts.

Nutrition highlights (per serving): 380 cal, 23 g fat, 20 g pro, 30 g carb, 9 g fiber, 500 mg sod

**Prep Tip**  
**Try This for Better Texture.** When covering the tofu with paper towels, top with a weight, such as a skillet or water-filled pan. Let sit for 15 minutes.



**health boost**  
Cauliflower offers compounds that may help fight cancer.



**money saving**

White produce (bananas, apples, onions, cauliflower) has been linked to lowered risk of stroke. Plus, it's usually cheaper!

# Roasted Cauliflower with Curry Sauce



meatless

Makes: 4 servings • Prep time: 10 min  
• Total time: 1 hr

- 1 head DOLE® cauliflower cut into florets (about 4 cups)
- 3 cloves garlic, minced
- 3 teaspoons olive oil, divided
- ½ teaspoon salt
- ½ cup finely chopped DOLE onion
- 1 teaspoon grated fresh ginger
- ½ DOLE apple, chopped (about ¾ cup)
- 2 teaspoons Madras curry powder
- 2 cups crushed tomatoes
- ¼ cup raisins
- 2 cups quick-cooking brown rice
- 1 cup frozen peas
- ¼ cup fat-free Greek yogurt
- 2 tablespoons fresh DOLE cilantro, chopped (optional)

- 1 Preheat oven to 400°F.
- 2 Place the cauliflower and 2 cloves of the garlic in the center of a rimmed baking sheet. Drizzle with 2 teaspoons of the olive oil, add the salt, and toss well to coat. Scatter florets evenly over the baking sheet and roast for 45 minutes, tossing every 15 minutes, until evenly browned.
- 3 Meanwhile, warm the remaining teaspoon of olive oil in a saucepan over medium-high heat. Add the onion and cook for 3 to 5 minutes until soft. Add the remaining clove of garlic, ginger, and apple. Cook for 2 minutes longer, stirring occasionally, until the apple begins to soften. Add the curry powder and cook for 1 minute longer until fragrant. Add the tomatoes and raisins. Reduce the heat to low and simmer while the cauliflower is roasting.
- 4 While the curry sauce simmers, prepare the rice and peas according to package instructions. Fluff the rice and add the peas.
- 5 Whisk the yogurt into the curry sauce just before serving. Serve cauliflower on a bed of rice topped with curry sauce and cilantro (if using).

Nutrition highlights (per serving): 280 cal, 2.5 g fat, 10 g pro, 58 g carb, 10 g fiber, 540 mg sod





Home-cooked meals cost about 86 percent less—and have 50 percent fewer calories, fat, and sodium—than restaurant meals.

# Very Veggie Enchiladas with Avocado Crema



meatless

Makes: 4 servings • Prep time: 25 min  
• Total time: 1½ hr

### Enchiladas

- 1 can (15 oz.) red enchilada sauce
- 1 can (15 oz.) black beans, rinsed and drained
- ½ cup shelled edamame
- ½ cup DOLE® shredded carrot
- ¼ DOLE red bell pepper, finely chopped
- 3 DOLE green onions, thinly sliced
- ⅓ cup instant brown rice
- 4 (8" diameter) whole wheat tortillas

### Avocado Crema

- 1 ripe avocado
- Juice from ½ lime
- Salt
- ¼ cup cold water

- 1 To make the enchiladas:** Preheat oven to 350°F. Coat an 8" x 8" baking dish with cooking spray. Spread ½ cup enchilada sauce in the bottom of the dish.
- 2** Place ⅓ cup sauce and half the beans in a large bowl. Mash together until a loose paste forms. Add remaining beans, edamame, carrot, bell pepper, green onions, and brown rice. Mix well and divide equally among the tortillas. Roll tortillas and arrange seam-side down in baking dish. Cover with remaining sauce.
- 3** Bake, covered, for 45 minutes. Uncover and bake 10 minutes longer. Remove from oven and let dish rest for 10 minutes.
- 4 To make the crema:** Combine the avocado, lime juice, and a generous pinch of salt in the work bowl of a food processor. With the motor running, add the water. Serve with the enchiladas instead of sour cream.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod



**health  
boost**

Thighs offer a bit more fat than white meat—but more iron.

**money  
saving**

The whole is not always cheaper than the sum of its parts: Chicken thighs cost 30 percent less by weight than the whole bird.

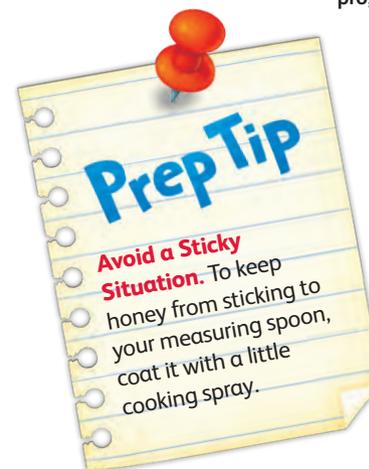
## Chicken Thighs in Cherry Sauce



Makes: 4 servings • Prep time: 5 min  
• Total time: 25 min

- 2 cups instant brown rice
  - 1 teaspoon olive oil
  - 4 skinless chicken thighs (about 8 oz. each)
  - $\frac{1}{4}$  teaspoon salt
  - $\frac{1}{8}$  teaspoon ground black pepper
  - 1 package (12 oz.) frozen, pitted DOLE® cherries
  - $\frac{1}{4}$  teaspoon ground cinnamon
  - 1 tablespoon honey
  - 1 tablespoon unsalted butter
- 1 Cook the rice according to package instructions.
  - 2 Heat the olive oil in a large nonstick skillet over medium-high heat. Season the chicken thighs with salt and pepper and arrange in skillet. Cook for 5 minutes until lightly brown on one side.
  - 3 Turn the chicken and reduce heat to medium. Add the cherries, cinnamon, and honey. Reduce heat to medium and cook, uncovered, for 5 minutes longer until chicken is cooked through and a thermometer inserted in the thickest part measures 160°F. Transfer chicken to plate and continue cooking cherries until fruit is very soft and liquid coats the back of a spoon. Remove from heat and stir in butter.
  - 4 Serve chicken with rice topped with cherry mixture.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod



**health boost**  
Ground turkey (93 percent fat-free) makes a lean meatloaf.



**money saving**

Spray oil is a great way to control calories. Instead of buying off the shelf, get a spray bottle and make your own.

# All-American Turkey Meatloaf

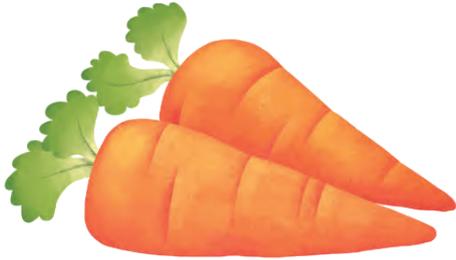


Makes: 6 servings • Prep time: 20 min  
• Total time: 1 hr 20 min

- 1¼ lbs. 93 % lean ground turkey
- 1 box (10 oz.) frozen, chopped spinach, thawed and squeezed dry
- ⅓ cup DOLE® shredded carrots
- ½ cup finely chopped DOLE onion
- 1 rib DOLE celery, finely chopped (about ¼ cup)
- ½ cup rolled or instant oatmeal
- 1 large egg or ¼ cup liquid egg whites
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon brown sugar
- 2 tablespoons ketchup
- 1 large plum tomato, sliced

- 1 Preheat oven to 350°F. Coat a 9" x 5" loaf pan with cooking spray.
- 2 Combine the turkey, spinach, carrots, onion, celery, oatmeal, egg, salt, and pepper in a large bowl. Mix with your hands to ensure the ingredients are thoroughly incorporated. Transfer mixture to pan and shape into a loaf.
- 3 Combine sugar and ketchup in a small bowl. Spread over top and sides of loaf. Arrange tomato slices on top.
- 4 Bake for 1 hour or until meat thermometer inserted into the center of the loaf registers 160°F. Remove from oven and let sit for 10 minutes before slicing.

**Nutrition highlights (per serving):** 220 cal, 9 g fat, 22 g pro, 12 g carb, 3 g fiber, 500 mg sod



**Prep Tip**  
**Freeze Easily.** Double the recipe. Freeze the extra. Thaw and bake within 1 month. Top with ketchup glaze.

**health boost**  
A compound in broccoli may have cancer-fighting power.



**money saving**

Some ingredients at your grocery store salad bar—blue cheese, peas, walnuts, and grilled chicken—beat shelf prices.

# Chicken with Broccoli and Parsley-Walnut Pesto



Makes: 4 servings • Prep time: 5 min  
• Total time: 25 min

- ¼ cup walnuts
- 1 large clove garlic, smashed
- 1 cup fresh parsley
- 1 teaspoon dried oregano
- ½ teaspoon salt, divided
- ⅛ teaspoon ground black pepper
- 1 tablespoon lemon juice (from ½ lemon)
- 2 tablespoons olive oil + 1 teaspoon, divided
- 4 skinless chicken thighs (about 8 oz. each)
- 8 oz. gemelli or penne pasta
- ½ lb. DOLE® broccoli crowns, chopped into florets (about 3 cups)

- 1 Toast walnuts and garlic in a dry skillet over medium-high heat for 3 or 4 minutes, until fragrant. Transfer to a food processor. Add the parsley, oregano, and ¼ teaspoon of salt. With the motor running, add the lemon juice and 2 tablespoons olive oil. Transfer mixture into serving bowl.
- 2 Heat the remaining teaspoon of olive oil in a large nonstick skillet over medium-high heat. Season the chicken thighs with remaining ¼ teaspoon salt and pepper and arrange in skillet. Cook for 10 to 15 minutes, turning once, until lightly brown on both sides, chicken is cooked through, and a thermometer inserted in the thickest part measures 160°F.
- 3 Meanwhile, bring a large pot of water to a boil. Cook pasta according to package instructions. In the last 2 minutes of cooking time, add the broccoli. Drain and transfer pasta and broccoli to serving bowl. Toss to coat. Serve with chicken thighs.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod



**health boost**  
For 34 calories a cup, cabbage provides 3 grams of fiber.



**money saving**

Enjoy the remaining cabbage in a soup or casserole. Stir-frying is another great way to use up leftover vegetables.

# Stuffed Cabbage Rolls



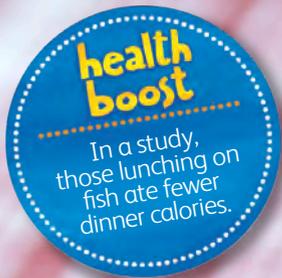
Makes: 8 servings • Prep time: 30 min  
• Total time: 6½ hr

- 1 large head green cabbage (about 5 lbs.)
- 1½ lbs. 93% lean ground turkey
- 1 large DOLE® onion, chopped, divided
- 1 cup instant brown rice
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 can (28 oz.) crushed tomatoes
- 2 tablespoons cider vinegar
- ½ teaspoon ground allspice
- ½ cup DOLE seedless raisins

- 1 Cut the stem and heart from the cabbage and place cut-side down in a large microwavable bowl. Pour 1 cup of water over the cabbage. Microwave the cabbage on high for 2 minutes. Carefully lift cabbage from the bowl and remove a few of the outermost leaves. Microwave the head again and repeat until 8 large leaves are removed. Reserve the remaining cabbage for another use.
- 2 Meanwhile, combine the turkey, half the onion, rice, salt, and pepper in another large bowl. Mix with your hands to ensure the ingredients are thoroughly incorporated. Divide the mixture into 8 balls.
- 3 Place a cabbage leaf on a flat work surface. Trim the thick center vein of the leaf so that the leaf is easier to roll. Place a ball of the turkey mixture at the bottom of the leaf and fold the sides over. Roll up, burrito-style, and repeat with remaining leaves and turkey mixture.
- 4 Arrange cabbage rolls, seam-side down, in a 5-quart slow cooker. Combine remaining onion, tomatoes, vinegar, allspice, and raisins in a bowl and pour over the rolls. Cover and cook for 6 hours on high setting until cabbage is tender.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod

**Tasty**  
**Delicious**



Compared with fresh, canned tuna is 47 percent cheaper. Health bonus: Canning concentrates vitamin D content.

# Garden-Fresh Tuna Salad Sandwich

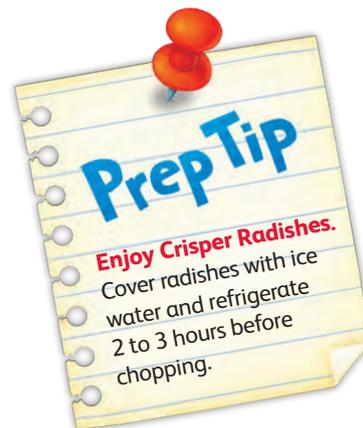


Makes: 4 sandwiches • Prep time: 10 min  
• Total time: 10 min

- 2 cans (6 oz. each) albacore tuna in water
- ¼ cup DOLE® shredded carrots, chopped into very small pieces
- 2 large radishes, finely chopped
- 1 DOLE green onion, finely chopped
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- ¼ cup canola mayonnaise
- 8 slices whole wheat bread
- 1 large tomato, sliced (optional)
- 4 leaves DOLE romaine lettuce

- 1 Combine tuna, carrots, radishes, green onion, salt, and pepper in a large bowl. Stir with a fork until thoroughly combined. Fold in the mayonnaise.
- 2 Divide mixture among 4 slices of bread and top with sliced tomato (if using), lettuce leaves, and remaining bread slices.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod





Yes, there are cheaper proteins, but as a top source of 10 nutrients, salmon delivers more health benefits for the money.

# Caribbean Salmon Patties with Black Bean-Pineapple Salsa

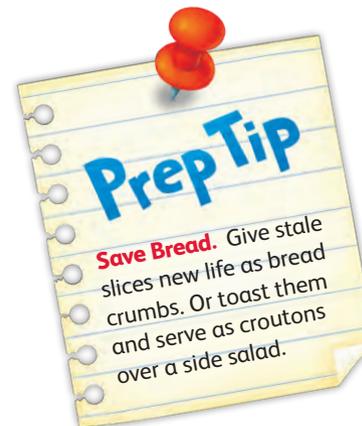


Makes: 4 servings • Prep time: 25 min  
• Total time: 35 min

- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (8 oz.) DOLE® crushed pineapple, drained
- ½ DOLE red bell pepper, finely chopped
- 2 DOLE green onions, chopped
- ¼ cup DOLE cilantro, chopped
- Juice of ½ lime (about 1 tablespoon)
- ½ teaspoon ground allspice
- 1 can (14.75 oz.) pink salmon, drained and flaked
- ½ cup panko bread crumbs
- 1 large egg
- 2 tablespoons canola mayonnaise
- 1 tablespoon olive oil

- 1 Combine the beans, pineapple, bell pepper, green onions, cilantro, lime juice, and allspice in a large bowl. Toss to mix well. Set aside.
- 2 Combine the salmon, bread crumbs, egg, and mayonnaise in another large bowl. Form the mixture into 8 patties.
- 3 Heat the olive oil in a large nonstick skillet over medium-high heat. Cook the patties 2 to 3 minutes per side, until brown.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod





Make smart swaps for what's on hand or on sale. Root veggies like carrots, turnips, and parsnips can be used interchangeably.

# Linguine with Clams and Asparagus



Makes: 4 servings • Prep time: 10 min  
• Total time: 35 min

- 8 oz. linguine
- 1 tablespoon olive oil
- 1 package (8 oz.) sliced DOLE® mushrooms
- 2 teaspoons minced garlic
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 lb. DOLE asparagus, trimmed of woody ends and chopped into 2" pieces
- 1 cup DOLE shredded carrots
- 1 cup grape tomatoes, halved
- 1 can (10 oz.) whole baby clams, drained (juice reserved)

- 1 Bring a large pot of water to a boil. Cook pasta according to package instructions.
- 2 Meanwhile, heat the oil in a large nonstick skillet over medium-high heat. Add the mushrooms, garlic, salt, and pepper. Cook for 5 minutes, until mushrooms begin to brown. Add the asparagus, carrots, and two tablespoons of water. Toss to combine and cover skillet. Cook 4 minutes longer. Add the tomatoes and the clam juice. Cook, uncovered, 1 minute longer. If the pasta is not yet al dente, remove vegetables from heat.
- 3 Drain pasta when it is al dente. Add pasta to the vegetable mixture, along with the clams. Raise heat to high and cook 2 to 3 minutes longer, until pasta is thoroughly coated and most of the liquid is absorbed.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod



**health boost**  
Catfish is low in mercury and has only 180 calories per 6 ounces.



**money saving**

Watermelon is the cheapest fresh fruit per pound—counting the weight of the rinds, which yield a refreshing juice.

## Citrus-Baked Catfish with Spicy Watermelon Salad

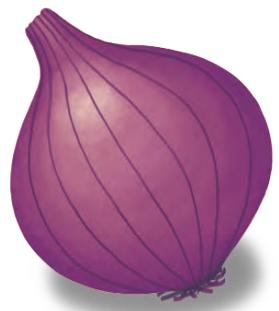


Makes: 4 servings • Prep time: 10 min  
• Total time: 25 min

- 1 lime
  - 1 teaspoon olive oil
  - ½ teaspoon ground cumin
  - ¼ teaspoon salt
  - ⅛ teaspoon ground black pepper
  - 4 (6 oz.) catfish fillets
  - 1 tablespoon honey
  - 2½ lbs. seedless DOLE® watermelon, chopped
  - ¼ DOLE red onion, thinly sliced
  - ¼ cup fresh DOLE cilantro, chopped
  - 1 jalapeno pepper, chopped
- 1 Preheat the oven to 350°F.
  - 2 Zest the lime into a large bowl. Cut the lime in half and squeeze the juice from one half into the bowl.
  - 3 Combine the lime mixture, olive oil, cumin, salt, and pepper in an 8" x 8" baking dish and mix well. Arrange the catfish fillets in the baking dish, turning to coat with the lime mixture. Bake 15 minutes until the fish is opaque and flakes easily with a fork.
  - 4 Meanwhile, squeeze the juice from the remaining half of lime into a large bowl. Whisk in the honey. Add the watermelon, onion, cilantro, and pepper. Toss to coat. Serve alongside the catfish.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod

**Prep Tip**  
**Boost Nutrition.** The beta carotene content rises 20 percent when watermelon is left at room temperature. Once cut, store in the fridge.



**health boost**  
Mushrooms are linked with a healthy immune system.



**money saving**

Experiment with ingredients so you're not caught with items you won't use later. In this recipe you can swap green olives for capers.

## Mediterranean Tuna Casserole



Makes: 4 servings • Prep time: 10 min  
• Total time: 20 min

- 8 oz. mafalda pasta or other medium-shaped pasta
- 1 lemon
- 1 tablespoon olive oil
- 1 package (8 oz.) sliced DOLE® mushrooms
- 1 large clove garlic, minced
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon all-purpose flour
- 1 tablespoon capers, drained
- 1 cup chicken stock
- 1 can (12 oz.) chunk light tuna, drained
- 2 cups DOLE spinach, coarsely chopped
- ½ cup frozen peas

- 1 Bring a large pot of water to a boil. Cook pasta according to package instructions.
- 2 Meanwhile, zest the lemon and squeeze the juice into a small bowl. Set aside.
- 3 Heat the olive oil in a large nonstick skillet over medium-high heat. Add the mushrooms, garlic, salt, and pepper. Cook for 5 minutes, until mushrooms are brown. Sprinkle the flour over the mushrooms and cook for 2 minutes longer, until browned. Add the reserved lemon juice, capers, and chicken stock. Cook for 1 minute longer, stirring occasionally, until mixture is thickened. Remove from heat.
- 4 Drain the pasta and add to the skillet along with the tuna, spinach, and peas. Toss well to coat.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod

**Prep Tip**  
**Freeze for Later.**  
Mix ½ cup of canola mayonnaise into the casserole. Freeze it. Then just thaw and bake within 1 month.





Buy taco shells when they're on sale and freeze the extras. Put wax paper between the shells, and place in a freezer bag.

# Fresh Fish Tacos

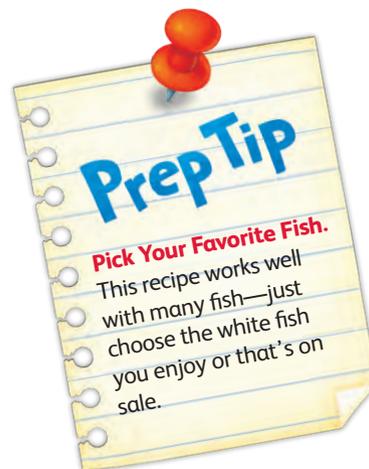


Makes: 4 servings (2 tacos each) • Prep time: 5 min  
• Total time: 15 min

- 1 teaspoon olive oil
- 3/4 lb. cod or other white fish fillet
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 8 (8" diameter) flour taco shells
- 1 avocado, chopped
- 1/2 cup DOLE® shredded red cabbage
- 1 cup canned DOLE pineapple chunks, drained
- 1/2 cup prepared salsa (optional)

- 1 Heat the olive oil in a medium nonstick skillet over medium-high heat. Add the fish and season with salt and pepper. Cook for 5 to 7 minutes, turning fish halfway through cooking time, until fish is opaque in the center and flakes easily with a fork. Divide fish into 8 pieces.
- 1 Meanwhile, warm taco shells according to package instructions. Place a piece of fish in each taco and top with equal portions avocado, cabbage, and pineapple. Serve with a tablespoon of salsa on top, if desired.

Nutrition highlights (per serving): X cal, X g fat, X g pro, X g carb, X g fiber, X mg sod





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