



Fruit & Veggie Monsters

The best way to overcome scary fruits and vegetables? By eating them! First have fun cutting out and creating your own monsters with fruits and veggies you have at home. Get creative (peanut butter?) and stick the silly parts to the item, and then have fun eating them. Just don't forget to remove the faces first. Who says you can't play with your food?



EYES

HORNS

MOUTHS



▶ **DID YOU KNOW?** The study of fruits is called Pomology.



MONSTERS IN THE KITCHEN

Bring the magic of Monsters, Inc. to life in your kitchen with delicious recipes from Dole. Get started with these Chicken-Stuffed Roz Heads that will frighten and delight. For more delicious recipe inspiration, head to Dole.com.



CHICKEN-STUFFED ROZ HEADS

Servings: 4

Prep Time: 15 MIN

Total Time: 15 MIN

INGREDIENTS:

- 1 1/3 cup cubed cooked chicken breast (about 7 ounces)
- 2/3 cup DOLE® green grapes, halved
- 1/3 cup chopped DOLE® celery
- 1/2 cup non-fat plain Greek yogurt
- 1/4 tsp each salt and pepper
- 2 DOLE® avocados, halved, pitted and peeled
- 8 small whole wheat pretzel twists
- 24 whole wheat pretzel sticks
- 1 DOLE® strawberry
- 4 dried sweetened blueberries



Recipe inspired by Disney and Pixar Monsters Inc.

DIRECTIONS:

1. Stir together chicken, grapes, celery, yogurt, salt and pepper.
2. Scoop four equal portions (about ½ cup) onto a serving plate to make 4 servings. Shape each into an oval.
3. Top with upside down avocado half.
4. Decorate each avocado half to resemble Roz's face. Using a sharp paring knife, trim each pretzel twist to create the lens of her horn-rimmed glasses (cut off the double loop section of each pretzel twist and discard or enjoy as a snack, keeping the single loop portion which will become one lens. You will need 2 lenses per Roz Head). Place two pretzel lenses on each avocado to form her glasses. Add a pretzel stick to each side of avocado to form the arms of her glasses. Push 4 pretzel sticks into the top of each avocado to form her hair. Add a strawberry slice, trimmed to look like lips for her mouth and a dried blueberry

TIP: For dairy-free recipe, use plain dairy-free coconut yogurt. Use gluten-free pretzels to make the recipe gluten-free.