Dole
Sunshine For All™

Winter Warmers: Nutritious and Comforting Recipes for Senior Living & Healthcare Dining








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Patients, visitors, and staff all deserve nourishing and delicious dining choices. Dole is here to help with wholesome, flavourful options geared towards healthcare dining.





MAINS

Pineapple Quesadilla 5
Baked Turkey Meatballs with Peach Herb Sauce 7
Miso Glazed Salmon with Mandarin Orange Salsa 9
Roast Chicken with Balsamic Glazed Peaches 11
Mandarin Chicken Salad 13
Pear and Parsnip Soup 15

BREAKFAST

Potato & Peach Hash Breakfast Bowl 17
French Toast Bake with Fruit Salad Compote 19

DESSERTS

Peach Pumpkin Chutney 21
Caramelized Pineapple and Bourbon Bread Pudding with Pineapple Caramel Sauce 23
Pineapple Pound Cake Parfait 25



Pineapple Quesadilla

20 PORTIONS 20 MINUTES

INGREDIENTS

20	whole wheat tortilla 8-inch	20
8 cups	mozzarella cheese	900 g
4 cups	**Dole Pineapple Tidbits in Fruit Juice**, drained	1 L
	optional sour cream	
	optional prepared salsa	

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Preheat a griddle to medium-high heat. Once the griddle is heated, lightly wipe it down with vegetable oil or spray with cooking spray.
2. Top one half of each tortilla with an even layer of mozzarella cheese and an even distribution of pineapple tidbits.
3. Fold the tortilla over, in half to form a half-circle. Place the tortillas flat onto the griddle to allow to brown on each side and just melt the cheese. It should take about 1-2 minutes on each side.
4. Slice each tortilla into even slices. Serve with salsa or sour cream if desired.

CPP: Maintain >60°C/140°F for a maximum of 4 hours. Temperatures should be taken every 2 hours during holding. Maintaining at the proper temperature will present no food safety issue; long hold holding times can affect food quality. **NOTE:** Refer to local or regional public health regulations for any hot holding time limits. **CCP: Cool:** Product must reach 60°C/140°F to 21°C/70°F within 2 hours and 21°C/70°F to 4°C/40°F within 4 hours. **CCP: Reheat:** To internal temp of 74°C/165°F within 2 hours held for at least 15 seconds – one time only.

Garnish/Plating Suggestions:



Baked Turkey Meatballs with Peach Herb Sauce

24 PORTIONS 45 MINUTES

INGREDIENTS

8 lb.	ground turkey	3.6 kg
4 cups	bread crumbs use day old rustic bread	950 g
4 cups	finely chopped onion divided	950 g
1⅓ cup	lowfat milk	315 mL
8 tsp	salt divided	48 g
2 Tbsp	ground black pepper divided	14 g
2 Tbsp	olive oil	30 mL
8 each	garlic cloves minced	8 each
4 each	shallots minced	4 each
2 Tbsp	dried tarragon or thyme leaves crushed	3.6 g
4 cups	peach puree	1 L
2 cups	fat free chicken broth	500 mL
8 tsp	Dijon mustard	40 mL
½ cup	honey	100 mL
4 Tbsp	cider vinegar	60 mL
6 cups	**Dole Diced Peaches in Fruit Juice**, thawed	2 L
	hot cooked brown rice	

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Combine turkey, bread crumbs, 2 cups onion, milk, 2 Tbsp. salt and 4 tsp. pepper. Form into 120 meatballs about 1-1/4 ounces each.
2. Bake meatballs at 200°C/400°F for 10 to 12 minutes in large baking pan. Keep warm.
3. Heat oil in large skillet. Sauté 1 cup onion, garlic, shallots, tarragon, 1 teaspoon salt and 1/2 teaspoon pepper for 6 to 8 minutes, stirring occasionally.
4. Stir into skillet peach puree, chicken broth, mustard, honey, vinegar and diced peaches. Simmer mixture for 5 minutes.
5. Add meatballs and cook for 5 additional minutes. Serve over hot cooked brown rice prepared to package directions.

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Garnish/Plating Suggestions:



Miso Glazed Salmon with Mandarin Orange Salsa

12 PORTIONS 135 MINUTES

INGREDIENTS

6 cups	**Dole Mandarin Oranges** drained, reserving juice	1.5 L
1-½ cups	red onion peeled fine dice	80 g
1-½ cups	fresh cilantro leaves chopped	24 g
¾ cups	jalapeno peppers seeded and minced	45 g
6 tbsp.	fresh lime juice	90 mL
4-½ tsp.	kosher salt	25 g
3 tsp.	ground cumin	15 g
3 tsp.	ground coriander	15 g
¾ cup	white miso paste	220 g
3 tbsp.	seasoned rice vinegar	45 mL
6 tbsp.	fresh ginger peeled and grated	75 g
12 (4 oz.)	salmon filets skin on deboned	1.36 kg

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Combine mandarins, onion, cilantro, jalapeno, lime juice, salt, cumin, and coriander in a medium-sized mixing bowl and stir with a rubber spatula until fully incorporated. Cover and refrigerate for at least 1 hour prior to use.
2. Whisk together white miso paste, 3 tablespoons reserved juice, seasoned rice vinegar, and grated ginger in a small mixing bowl. Place salmon filets skin-down on a parchment-lined sheet pan. Spread 2 Tablespoons of miso glaze across top of salmon filets. Place in the refrigerator for 1 hour.
3. Preheat oven to 350° F. Place miso glazed salmon on a parchment-lined pan and cook in oven for 10-12 minutes until pink and opaque. Using a fish spatula, carefully place each miso glazed salmon portion on a warm plate.
4. Top each miso glazed salmon portion with 1/2cup of mandarin orange salsa. Serve immediately.

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Roast Chicken with Balsamic Glazed Peaches

24 PORTIONS 22 MINUTES

INGREDIENTS

24 each	Boneless, Skinless Chicken Thighs	2.78 kg
6 cups (1 can)	**Dole Peach Slices in Fruit Juice**	1750 g
1½ cups	Fruit Juice	354 mL
¾ cup	Balsamic Vinegar	177mL
1½ Tbsp	Dried Rosemary	5 g
1½ Tbsp	Dried Thyme	5 g
1 Tbsp	Minced Garlic	15 g
¼ cup	Cooking Oil	15 mL
	Salt and Pepper Optional/To Taste	

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Defrost boneless, skinless chicken thighs overnight in the refrigerator.
2. Open one can of **Dole Peach Slices in Fruit Juice**, drain and reserve 1.5 cups/354ml of juice.
3. Preheat convection oven to 200°C/400°F.
4. In a small bowl or measuring cup, combine fruit juice and balsamic vinegar and set aside.
5. In a separate bowl combine the defrosted chicken thighs, peaches, rosemary, thyme, garlic, oil, and optional salt and pepper.
6. Pour the balsamic mixture over the chicken and toss to coat.
7. Spread mixture out on a parchment lined baking sheet and bake at 200°C/400°F until the internal temperature of the chicken reaches 75°C/165°F, approximately 20-22 minutes.

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Garnish/Plating Suggestions:



Mandarin Chicken Salad

80 PORTIONS

80 MINUTES

INGREDIENTS

27 lb.	chicken cooked cubed	12.5 kg
7 cups	raisins	1.13 kg
12-¾ cups	**Dole Mandarin Oranges** drained	1.5 kg
100 oz.	**Dole Pineapple Chunks** drained juice reserved	2.84L can
14 cups	plain yogurt	3.3 L
4-½ cups	hoisin sauce	1L
2 Tbsps. + 1 tsp.	garlic powder	15 g
2 Tbsps. + 1 tsp.	dry mustard	15 g
27 each	whole sliced bananas	27 each
13-½ lb.	classic iceberg lettuce salad mix	6 kg

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Combine chicken, raisins, oranges and pineapple. Set aside.
2. Stir together yogurt, reserved juice, hoisin sauce, garlic and mustard.
3. Pour yogurt dressing over chicken mixture; toss to coat. Transfer to hotel pans.
4. Cover, chill 1 hour to blend flavors.
5. Add bananas to chicken mixture before serving.
6. Toss classic salad with chicken mixture until evenly coated. Serve

CCP: Maintain <4°C/40°F.



Pear and Parsnip Soup

20 PORTIONS 70 MINUTES

INGREDIENTS

Soup Base:		
6 tbsp	unsalted butter (or 90 mL olive oil for dairy-free)	85 g
3 each	large onions, diced	3 each
6 cloves	garlic, minced	6 cloves
10-12	medium parsnips, peeled and chopped	10-12
1 can 100 oz.	Dole Pears Diced in fruit juice	2.84L
4 each	medium Yukon Gold potatoes, peeled and diced	4 each
17 cups	Vegetable stock (mixed with juice from can)	4L
2½ tsp	ground nutmeg	4 g
2½ tsp	ground ginger	4 g
4 sprigs	fresh thyme (or 2 tsp dried thyme)	4 sprigs/2 g
	Kosher salt and white pepper to taste	
To Finish:		
2 cups	35% cream or coconut cream (optional)	500 mL
¼ cup	lemon juice or apple cider vinegar	60 mL

Garnish Options:

- Crispy prosciutto shards or toasted nuts
- Thin pear slices or matchsticks tossed in lemon juice
- Drizzle of cream or truffle oil
- Fresh thyme, microgreens, or fried sage

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Sauté aromatics: In a large stockpot (10–12 L capacity), melt butter over medium heat. Add onions and cook for 5 minutes until translucent. Stir in garlic and cook 1 minute.
2. Add produce: Stir in parsnips, potatoes, and pears. Toss to coat in the butter and aromatics.
3. Season and simmer: Add nutmeg, ginger, thyme, and a generous pinch of salt. Pour in the stock and pear juice from the can. Bring to a boil, then reduce to a simmer. Cook covered for 35–40 minutes until parsnips are very tender.
4. Blend: Remove thyme sprigs. Puree the soup with an immersion blender (or in batches in a counter-top blender) until completely smooth.
5. Finish: Stir in apples cider vinegar. Adjust seasoning with salt and white pepper as needed.
6. Serve or Hold: Keep hot at 160°F (70°C) for service. Garnish before serving.



Potato & Peach Hash Breakfast Bowl

20 PORTIONS

15 MINUTES

BREAKFAST

INGREDIENTS

10 Tbsp	extra-virgin olive oil	150 mL
40 each	red potatoes large diced	40 each
	salt and pepper to taste	
10 tsp	cayenne pepper	90 g
10 each	yellow onion minced	10 each
3 ⅓ cups	**Dole Diced Peaches in Fruit Juice**	800 mL
5 each	red bell pepper finely diced	5 each
20 each	eggs	20 each
10 Tbsp	chopped fresh cilantro	30 g

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Add oil and potatoes to a small pan over medium heat and cook with salt, pepper and cayenne until the potatoes begin to soften and brown slightly. Add onions and peaches, cook covered for 5 minutes to sweat and soften the potatoes.
2. Remove lid and add red pepper, cook for another 2 minutes, stirring occasionally.
3. Remove from heat and portion into bowls.
4. Fry 20 eggs in a separate pan to desired doneness (over-easy recommended).
5. Top hash with eggs and garnish with cilantro.

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CPP-REHEAT: To an internal temperature of 165°/74°C within 2 hours held for at least 15 seconds, one time only.

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Garnish/Plating Suggestions:



French Toast Bake with Fruit Salad Compote

24 PORTIONS 25 MINUTES

BREAKFAST

INGREDIENTS

24 oz	Bread, cubed	672 g
12 Tbsp	Liquid Eggs	576 ml
1½ cups	Milk	355 ml
1½ cups	Heavy Cream	355 ml
1 Tbsp	Cinnamon	8 g
3 Tbsp	Margarine, melted	44 g
8 cups	**Dole Fruit Cocktail in Light Syrup**	1700 g
1 cup	Brown Sugar	220 g
6 Tbsp	Margarine	88 g
1 tsp	Cinnamon	2 g
½ tsp	Nutmeg	1 g
½ tsp	Clove	1 g

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Open can of **Dole Fruit Cocktail in Light Syrup**, drain and reserve juice.
2. Preheat convection oven to 325°F/163°C.
3. Cube bread into 1" pieces and place in a greased hotel pan.
4. In a large bowl combine liquid eggs, milk, heavy cream, cinnamon and melted margarine. Pour mixture over the bread cubes, cover pan with aluminum foil and bake for 25 minutes.
5. Meanwhile, in a rondeau or skillet over medium high heat, melt the margarine. Add the brown sugar and stir until sugar is melted.
6. Add the **Dole Fruit Cocktail in Light Syrup**, Cinnamon, Nutmeg and Clove and sauté until lightly caramelized, approximately 3-5 minutes. Remove from heat and keep warm (140°F/60°C for a maximum of 4 hours) until ready to serve.
7. Remove the French toast bake from the oven and allow to cool for approximately 15 minutes.
8. Portion French toast bake onto serving dishes and top with the warm fruit compote.

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Garnish/Plating Suggestions: Can be served with maple syrup, table syrup, heavy cream, whipped cream or ready whip.



Peach Pumpkin Chutney

25 PORTIONS 50 MINUTES

INGREDIENTS

2 cups	**Dole Sliced Peaches in Fruit Juice**, drained and chopped	500 mL
1 cup	canned pumpkin puree	250 mL
1 cup	brown sugar	200 g
½ cup	apple cider vinegar	125 mL
1 each	small onion, finely chopped	1 each
½ cup	raisins	75 g
½ tsp	ground cinnamon	1 g
¼ tsp	ground cloves	0.5 g
¼ tsp	ground ginger	0.12 g
¼ tsp	salt	1.5 g

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. In a large saucepan, combine the chopped peaches, pumpkin puree, brown sugar, and apple cider vinegar.
2. Add the finely chopped onion, raisins, spices (cinnamon, cloves, ginger) and salt.
3. Stir the mixture well to combine all the ingredients.
4. Place the saucepan over medium heat and bring the mixture to a boil.
5. Reduce the heat to low and let the chutney simmer for about 30-40 minutes, stirring occasionally.
6. Once the chutney has thickened, remove it from the heat and let it cool.
7. Transfer the Peach-Pumpkin Chutney to sterilized jars and seal tightly.
8. Allow the chutney to cool completely and store it in the refrigerator. It will improve in flavor as it sits, best to let it chill for at least a day before using.

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Garnish/Plating Suggestions:



Caramelized Pineapple & Bourbon Bread Pudding with Pineapple Caramel Sauce

12 PORTIONS 90 MINUTES

INGREDIENTS

4 cups	stale bread, diced into large pieces	550 g
26 oz	DOLE® Pineapple Tidbits divided	750 g
16 each	eggs	16 each
¼ tsp	cinnamon	0.5 g
¼ tsp	nutmeg	0.5 g
2 oz + 1 oz	bourbon, divided	
¼ tsp	salt	0.5 g
1 tsp	vanilla extract	5 mL
1 ½ cups	white sugar	300 g
½ cup + 2 cups	brown sugar, divided	110g, 440 g
½ gal	whole milk, warmed	8 cups
water	as needed	
¼ cup	DOLE 100% Pineapple Juice	60 mL
½ stick	butter, salted	55 g
vanilla ice cream	as desired	

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. In a baking pan (10 ½" x 15 inches and 2 ½" deep) place the stale diced bread.
2. In a hot, un-oiled sauté pan, place the pineapple tidbits in a single layer and cook until one side is caramelized. Remove to cool.
3. In a large bowl whip the eggs and add the cinnamon, nutmeg, 2 oz bourbon, salt, vanilla extract, white sugar and ½ cup brown sugar. Mix well.
4. Spread the caramelized pineapple over the top of the bread evenly.
5. Slowly mix the warmed milk into the egg mixture and pour over the bread and pineapple. Press down any bread that doesn't get covered with the egg mixture to make sure all bread gets covered and soaked.
6. Place the roasting pan inside a 2" full pan and fill halfway with water to create a water bath.
7. Bake at 375 degrees until bread pudding is a firm gelatin consistency for approximately 45 min.
8. To create the sauce, combine the remainder of the pineapple tidbits, pineapple juice, butter, remainder of bourbon and brown sugar in a saucepan and cook over medium heat for 10 min. Reduce heat to a simmer and cook for 15 min.
9. Serve bread pudding warm with a scoop of vanilla ice cream and topped with the pineapple caramel sauce.



Pineapple Pound Cake Parfait

25 PORTIONS

50 MINUTES

INGREDIENTS

8 cups	Dole Pineapple Tidbits in Juice	1.9 L
8 cups	low-fat vanilla yogurt	1.9 L
48 each	whole grain doughnut holes, crumbled	48 each
16 oz	whipped topping (optional)	475 mL

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Layer serving cup with ¼ cup yogurt and ¼ cup pineapple. Repeat layers.
2. Finish with 2 oz doughnut crumbles and 1 oz whipped topping.