Dole
Sunshine For All™

Nourishing and Flavourful Recipes for Senior Living & Healthcare Dining








Nourishing and Flavourful Recipes for Senior Living & Healthcare Dining

Dole recipes are designed to offer residents patients, visitors, and staff wholesome, flavourful fruit options that enhance the dining experience. Discover how our nutritious culinary treats can make a delightlful impact on senior living and healthcare dining.





MAINS

Asian Style Chicken & Peach Sauté 5
Pear, Turkey Sausage & Squash Bake 7
Chicken Mandarin Orange Salad On Croissant 9
Tangy Mandarin Orange Chicken 11

DESSERTS

Chilled Frozen Fruit Cup 13
Fluffed Fruit Salad 15
Peach Vanilla Cake 17
Pineapple Orange Trifle 19
Tropical Mandarin Pineapple Cake 21
Cheesecake with Peaches & Graham Topping 23

BREAKFAST

Warm Oatmeal & Spiced Pears 25



Asian Style Chicken & Peach Sauté

25 PORTIONS

30 MINUTES

INGREDIENTS

5 lbs	Chicken Breast strips, fully cooked	2.250 kg
½ 100 oz can	**Dole Diced Peaches in Fruit Juice**, drain & discard juice	½ 2.84 L can
½ cup	Oil	125 mL
1 lb 2 oz	Snow Peas, fresh	500 g
4 lbs 11 oz	Broccoli Floret Frozen, thawed	2.125 kg
3 cups	Stir-Fry Sauce, prepared, RTS	750 mLs

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Two days before, thaw the chicken breast strips and chill under refrigeration at <4°C/40°F.
2. Open can(s) of **Dole Diced Peaches in Fruit Juice** and drain. Discard juice and set aside for later step.
3. Heat oil in a tilt skillet or in a large skillet on stove-top on medium high heat and add the snow peas. Cook for ~ 2 minutes or until the peas are tender crisp.
4. Add the thawed cooked chicken strips and thawed broccoli florets; gently stir in the stir-fry sauce. Stir-fry 15-20 minutes until chicken is heated through and the vegetables are tender crisp.
5. Add the diced peaches and sauté for approximately 5 minutes and the internal temperature of the chicken reaches reaches 74°C/165°F for at least 15 seconds. Transfer to an insert pan with lid.

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. Discard leftovers if using precooked chicken.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

Garnishing/plating suggestions: May garnish with sesame seeds or green onions; serve with steamed rice or rice noodles.



Pear, Turkey Sausage & Squash Bake

24 PORTIONS

30 MINUTES

INGREDIENTS

5 lbs 4 oz	Turkey Sausage, fully cooked, thawed, slice into ¼ inch pieces on diagonal (1 each = 114 g)	2.4 kg
7 ½ cups	**Dole Diced Pears in Fruit Juice**, drained & discard juice	1.875 L
3 lbs	Butternut Squash, Diced, frz	1.350 kg
1 lb	Onions, Diced, frz	450 g
1 lb 9 oz	Bell Peppers, Diced, frz	700 g
1 Tbsp	Black Pepper, ground	15 mL
1 Tbsp	Salt	5 mL
1 Tbsp + 2 tsp	Dried Basil	25 mL
1 Tbsp + 2 tsp	Dried Oregano	25 mL
½ cup	Oil, Canola	125 mL

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. The day before, thaw the turkey sausages and chill under refrigeration at <4°C/40°F.
2. Open can(s) of **Dole Diced Pears in Fruit Juice**, drain and discard juice. Set aside for later step. Pre-heat convection oven to 200°C/400°F.
3. Slice the turkey sausage on a diagonal about 0.6 cm/1/4 inch in length and place in a large bowl. Add butternut squash, pears, onions, bell peppers, black pepper, salt, basil, oregano and oil. Mix gently.
4. On parchment lined baking sheet(s), spread the mixture evenly in a single layer and bake at 200°C/400°F oven for ~ 30 minutes. After ~ 15 minutes, stir the mixture to ensure even browning on all sides. Roast until the vegetables are tender and the turkey sausage reaches an internal temperature of 74°C/165°F for at least 15 seconds. Transfer to insert pan(s) and cover with lid/aluminum foil. Serve 250 mLs/1 cup per serving using 8 oz spoodle.

CPP: Maintain >140'F/60'C for a maximum of 4 hours. Temperatures should be taken every 2 hours during holding; discard unused product. 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.

Garnish/Plating Suggestions: May garnish with a sprinkling of fresh/dried parsley; serve with a crusty roll & butter or garlic bread.



Chicken Mandarin Orange Salad on Croissant

24 PORTIONS

30 MINUTES

MAINS

INGREDIENTS

3 lbs	Diced Chicken Breast, cooked, ½ to ¾ inch cubes, thawed	1.6 kg
1 cup	Mayonnaise	250 mLs
¾ tsp	Ground Ginger, dry	4 mL
¾ tsp	Ground Mustard, dry	4 mL
1 cup	Red Apples, peeled, cored, fresh, finely diced	250 mL
~ 6 each	Green Onions, finely chopped	~ 6 each
1 cup	**Dole Mandarin Oranges in Fruit Juice**, drained & discard juice	250 mL
24 each	Croissants (1 each = 71 g/2.5 oz)	24 each

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. The day before, thaw the diced chicken and chill under refrigeration at <4°C/40°F.
2. In a small bowl, mix the mayonnaise, ginger, and ground mustard. Stir in the chicken, red apple and green onions.
3. Open the can of **Dole Mandarin Oranges in Fruit Juice**, drain, and discard juice. Gently fold the mandarin oranges into the chicken mayonnaise mixture. Cover with wrap and chill under refrigeration at <4°C/40°F for at least 2 hours to allow the flavours to blend.
4. Cut the croissants in half lengthwise and spread margarine/butter on one side of croissant. Stir chicken mandarin orange mixture and place 1/25 mLs/ ½ cup of filling using #8 scoop on the other side of croissant. Cover with wrap and chill at <4°C/40°F until service.
5. At the point of service, cut the croissant into half.

CCP: Maintain <4°C/40°F.

NOTE: Discard unused product.

Garnish/Plating Suggestions: May garnish with a leaf of green lettuce on croissant/soft roll; serve with a vinaigrette bean salad/coleslaw or spinach salad.



Tangy Mandarin Orange Chicken

24 PORTIONS

30-35 MINUTES

INGREDIENTS

5 lbs	Diced Chicken Breast or Chicken Thighs, raw, cut into ½ to ¾ inch cubes	2.250 kg
1 tsp	Table Salt	5 mL
2 tsp	Black Pepper, ground	10 mL
3 Tbsp	Oil	45 mL
¼ 100 oz can (24 oz)	**Dole Mandarin Oranges in Fruit Juice**, drained & reserve juice for later step	710 mL
1 1/2 cups	Juice/Packing Medium from Mandarin Oranges	375 mL
2/3 cup	Orange Marmalade	180 mL
2 tsp	Dried Rosemary, crushed	10 mL
2 tsp	Mustard Powder	10 mL
3 Tbsp	Honey	45 mL
3 Tbsp	Cornstarch	45 mL

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Two days before, thaw the chicken in the refrigerator and chill at <4°C/40°F.
2. Season the chicken with salt and pepper.
3. Heat oil in skillet over medium heat and sauté the diced chicken for ~ 5 minutes and cook until it is no longer pink on the exterior. Transfer to 2 ½ " deep hotel pan (s).
4. Open the can of **Dole Mandarin Oranges in Fruit Juice**, drain, and reserve the juice/packing medium.
5. In a medium size pot, combine the packing medium from the mandarin oranges, orange marmalade, rosemary, mustard powder, and honey. Bring to a boil and reduce heat to a simmer for ~ 5 minutes. Remove 60 mLs/1/4 cup into a small bowl and whisk in the cornstarch to prepare a slurry. Pour this back into the pot and simmer for ~ 1 minute while stirring to prevent clumping. Pour the sauce over the chicken and stir gently. Cover the chicken with a lid/aluminum foil.
6. Preheat the convection oven to 165°C/325°F. Bake chicken for ~ 15-20 minutes or until internal temperature reaches 74°C/165°F for a minimum of 15 seconds.

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: May garnish with sliced green onions and sesame seeds or cashews; serve over steamed rice or rice noodles with a side of broccoli/sauteed Bok choy.



Chilled Frozen Fruit Cup

30 PORTIONS 30 MINUTES

DESSERTS

INGREDIENTS

10 cups	Dole Pineapple Juice, RTS	1.5 L
¾ cup	Orange Juice Concentrate, thawed from juice machine	200 mL
1 cup	Water or Juice from drained canned fruit	250 mL
7 oz (1 cup)	Sugar	200 g (250 mL)
2 Tbsp	Lemon Juice, concentrate	30 mL
4 each	Bananas, firm, slice lengthwise, cut into thin slices	4 each
1 lb	Strawberries, sliced, frozen	450 g
2 cups	**Dole Mandarin Oranges in Fruit Juice**, drain & reserve juice	500 mL
2 cups	**Dole Crushed Pineapple in Fruit Juice**, drained & discard juice	500 mL

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. In a large bowl, pour in the pineapple juice and add the orange juice concentrate. Add in the water, sugar, and lemon juice.
2. Slice the bananas lengthwise and then cut into slices. Add to the juice mixture. Add the sliced strawberries and stir.
3. Open the can of **Dole Mandarin Oranges in Fruit Juice** and the can of **Dole Crushed Pineapple in Fruit Juice**. Drain the juice and add to the fruit mixture; stir gently.
4. Portion 125 mLs/4 oz of the fruit/juice mixture using a 4 oz ladle into 5 oz clear plastic bowls or clear plastic cups. Place bowls/cups in 4 inch deep hotel pan, cover with wrap and freeze at <0°C/-18°F overnight.
5. Remove from the freezer ~45 minutes before service to allow the fruit cup to slightly thaw.

CCP: Maintain <0°C/-18°F.

NOTE: Discard after 1 month in freezer.

Garnish/Plating Suggestions: May garnish with a dollop of whipped topping. Serve as a fruit serving at breakfast, dessert at lunch/dinner or as a refreshing snack.



Fluffed Fruit Salad

25 PORTIONS 30 MINUTES

DESSERTS

INGREDIENTS

1 ½ (100 oz) can (6 lbs drained wt)	**Fruit Cocktail in Fruit Juice**, drained & discard juice	1 ½ (2.84 L) can (2.7 kg drained wt)
1 cup	Maraschino Cherries, drain & discard juice, cut into quarters or finely diced	250 mL
10 cups	Whipped Topping, prepared	2.5 L
1/2 cup	Pecans, lightly toasted, chopped - Optional	125 mL

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Open the can of **Fruit Cocktail in Fruit Juice** and drain juice. Discard juice and place the fruit into a large container. Chill under refrigeration at <40°F/4°C until ready to assemble.
2. Drain the maraschino cherries and cut into quarters or finely dice. Add to the drained fruit and mix gently.
3. Fold the whipped topping into the prepared fruit. Cover with wrap and chill at <4°C/40°F for at least 2 hours.
4. To toast the pecans, preheat the convection oven to 150°C/300°F. Place the chopped pecans on a parchment lined baking sheet and toast for ~ 5 minutes until lightly browned. Remove from oven and allow to cool. Set aside until service.
5. At the point of service, serve 1/2 cup per serving using # 8 scoop of Fluffed Fruit Salad in individual serving bowls. May garnish each serving with 5 mLs/1 tsp of toasted pecans on top of fluffed fruit salad.

CCP: Maintain <4°C/40°F.

NOTE: Discard after 3 days in refrigerator.

Garnish/Plating Suggestions: May garnish with toasted pecans on top. Serve as a dessert at lunch/dinner.



Peach Vanilla Cake

54 PORTIONS

60 MINUTES

DESSERTS

INGREDIENTS

1 lbs 10 oz	Cake Mix, yellow or white	750 g
¼ 100 oz can (25 oz)	**Dole Sliced Peaches in Light Syrup**, undrained	700 mL
8 each OR 1 2/3 c	Eggs, large or Liquid Eggs	8 each OR 400 mL
1 cup	Applesauce	250 mL
½ 100 oz can (50 oz)	**Dole Sliced Peaches in Light Syrup**, undrained, minced	½ 2.84 L can
7 oz	Vanilla Instant Pudding Mix, dry	205 g
8 cups	Whipped Topping, prepared	2 L

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Preheat the convection oven to 165°C/325°F.
2. In a floor or stand mixer using the whip attachment beat the cake mix, **Dole Sliced Peaches in Light Syrup**, eggs and applesauce on low speed for ~ 2 minutes.
3. Spray a full-size, 2 ½ inches deep hotel pan for 54 servings. Transfer the cake batter into the pan and bake for ~ 30 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack.
4. Mince the remaining peach slices with juice in a food processor/Blitzer until pea-size pieces or smaller is achieved. In a medium size bowl, stir the minced peaches with juice and vanilla pudding mix together. Fold in the whipped topping just until blended and spread over cake. Place in refrigerator at least for 1 hour and chill at <4°C/40°F until service.
5. Cut the full-size hotel pan into 6 by 9 to yield portion sizes of 2" x 2".

CCP: Maintain <4°C/40°F.

NOTE: Discard after 3 days in refrigerator.

Garnish/Plating Suggestions: May garnish with a slice of peach on each piece along with a fresh mint leaf on each piece of cake or a sprinkle of cinnamon/nutmeg.



Pineapple Orange Trifle

24 PORTIONS

30 MINUTES

INGREDIENTS

1/3 100 oz can	**Dole Pineapple Tidbits in Fruit Juice**, drain & reserve juice	½ 2.84 L can
1 Qt	Milk, 2%, Cold	1 L
1 ½ cup	Pineapple Juice Reserve (from pineapple tidbit)	350 mLs
7 oz	Vanilla Instant Pudding Mix	200 g
2 cups	Sour Cream	500 mL
13 oz	**Dole Mandarin Oranges in Fruit Juice**, drained & discard juice	370 g
2.5 oz	Shredded Coconut, toasted	70 g
4 Qt	Angel Food Cake, prepared, diced into 1-inch cubes (3 angel food cakes)	4 L
2.5 Qt	Whipped Topping, prepared	2.5 L

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Open can of **Dole Pineapple Tidbits in Fruit Juice**, drain and reserve pineapple juice for later step.
2. In a stand mixer/floor mixer using the whip attachment, pour the milk, pineapple juice reserve, and vanilla Instant pudding mix; whip on low speed for approximately 2 minutes or until lightly set. Add in the sour cream.
3. Open can of **Dole Mandarin Oranges in Fruit Juice**, drain and discard the juice. Fold the drained mandarin oranges and pineapple tidbits into the pudding mixture. Cover with wrap and chill at <4°C/40°F until ready to assemble.
4. Preheat convection oven to 150°C/300°F. Line baking sheet with parchment paper and sprinkle shredded coconut in a single layer. Place in oven and toast for ~ 2-4 minutes; stir halfway until coconut is lightly browned. Remove from oven, allow to cool; set aside for later step.
5. Cube the angel food cake into 1" cubes. In a 2 ½ inch deep, full size hotel pan sprinkle half of the cake onto the bottom of the pan and top with half of the pudding mixture. Repeat layers.
6. Spread the whipped topping over the pudding mixture. Top with the toasted shredded coconut. Cover with wrap and chill for at least 3 hours at <4°C/40°F. At point of service, cut the full-size hotel pan into 6 by 4 to yield 24 servings per pan. Serve 1 each (2"x3") using an off-set spatula or alternately serve 125 mLs/1/2 cup using #8 scoop per serving.

CCP: Maintain <4°C/40°F.

NOTE: Discard after 3 days in refrigerator.

Garnish/Plating Suggestions: May garnish with a slice of peach on each piece along with a fresh mint leaf on each piece of cake or a sprinkle of cinnamon/nutmeg.



Tropical Mandarin Pineapple Cake

54 PORTIONS

60 MINUTES

DESSERTS

INGREDIENTS

1 lbs 10 oz	Cake Mix, yellow or white	750 g
¼ 100 oz can (25 oz)	**Dole Mandarin Oranges in Fruit Juice**, undrained	700 mL
8 each OR 1 2/3 c	Eggs, large or Liquid Eggs	8 each OR 400 mL
1 cup	Applesauce	250 mL
½ 100 oz can (50 oz)	**Dole Crushed Pineapple in Fruit Juice**, undrained	½ 2.84 L can
7 oz	Vanilla Instant Pudding Mix	205 g
	Whipped Topping, prepared	

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Preheat the convection oven to 165°C/325°F.
2. In a floor or stand mixer using the whip attachment beat the cake mix, **Dole Mandarin Oranges in Fruit Juice**, eggs and applesauce on low speed for ~ 2 minutes.
3. Spray a full-size, 2 ½ inches deep hotel pan for 54 servings. Transfer the cake batter into the pan and bake for ~ 30 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack.
4. In a medium size bowl, stir the **Dole Crushed Pineapple in Fruit Juice** and vanilla pudding mix together. Fold in the whipped topping just until blended and spread over cake. Place in refrigerator at least for 1 hour and chill at <4°C/40°F until service.
5. Cut the full-size hotel pan into 6 by 9 to yield portion sizes of 2" x 2".

CCP: Maintain <4°C/40°F.

NOTE: Discard after 3 days in refrigerator.

Garnish/Plating Suggestions: May garnish with toasted coconut and/or a piece of pineapple or mandarin orange slice.



Cheesecake with Peaches & Graham Topping

28 PORTIONS

30 MINUTES

DESSERTS

INGREDIENTS

1 each	French Cream Plain Cheesecake Slab, Frz, (8" x 15")	1 each
6 cups	**Dole Sliced Peaches in Light Syrup**, drained & discard juice	1.5 L
1 ¼ cup	Graham Cracker Crumbs	200 g (320 mL)
2/3 cup	Brown Sugar	70 g
2 tsp	Cinnamon	7 g
2 tsp	Vanilla Extract	10 mL
1/2 cup	Margarine, melted	125 mL
Optional	Caramel (or Vanilla) Flavoured Decorating Syrup	

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. The day before, thaw the cheesecake and chill under refrigeration at <4°C/40°F.
2. Open the can of **Dole Sliced Peaches in Light Syrup**, drain, and discard juice. Chill under refrigeration at <40°F/4°C until ready to use.
3. Combine graham cracker crumbs, brown sugar, cinnamon, and vanilla extract in a bowl. Melt margarine and add to crumb mixture; mix with a fork; set aside.
4. Spread two-thirds of the graham crumb mixture over the cheesecake. Then top with diced peaches over the crumb mixture, followed by the remaining one-third of the crumb mixture over top of the peaches. Cover with wrap and chill at <4°C/40°F for at least 2 hours.
5. At the point of service, cut each slab into 4 by 7 to yield 28 servings (2"x2").

CCP: Maintain <4°C/40°F.

NOTE: Discard after 2 days in refrigerator.

Garnish/Plating Suggestions: May garnish with a drizzle of caramel or vanilla decorating syrup and a dollop of whipped topping.



Warm Oatmeal & Spiced Pears

25 PORTIONS 10 MINUTES

BREAKFAST

INGREDIENTS

2/3 of 100 oz can	**Dole Diced Pears in Fruit Juice**; drain & reserve juice	2/3 of 100 oz can
3 ¾ cups	Water	950 mL
1 tsp	Salt	5 mL
3 1/3 cups	Quick Cooking Oats	850 mL
1/3 cup	Margarine	75 mL
1/3 cup	Brown Sugar	75 mL
1 Tbsp	Cinnamon	15 mL
1 Tbsp	Nutmeg	15 mL

DIRECTIONS

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Open the can of **Dole Diced Pears in Fruit Juice** and drain, reserving 1/2 cup (125 mL) of the juice for the next step.
2. In a large stockpot, pour the reserved juice, water and salt ; bring to a boil. Add the cooking oats, reduce to a simmer and cook stirring constantly for 1-3 minutes. Remove from heat, transfer to insert pan(s), cover and hold at >60°C/140°F until ready to serve.
3. In a skillet on medium heat, melt margarine, brown sugar, cinnamon and nutmeg. Add the remaining diced **Dole Pears** to the mixture and sauté for approximately ~2-4 minutes or until slightly caramelized. Transfer to an insert pan(s) and cover. Hold at >60°C/140°F until ready to serve. Note this can be made ahead of time and reheated prior to service.
4. At the point of service, portion 125 mLs/1/2 cup oatmeal with 4 oz ladle and top with 60 mLs/1/4 cup of spiced pears using #16 scoop.

CPP: Maintain >140°F/60°C 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.

CPP: COOL: Product must reach 140°F/60°C to 70°F/21°c within 2 hours and 70°F/21°C to 40°F/4°C within 4 hours.

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

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

Garnish/Plating Suggestions: May garnish with a sprinkling of cinnamon, or syrup; serve with milk or dollop of vanilla yogurt on top.