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your plate on
social media with
#whatsonyourplate



WHAT'S ON YOUR PLATE?

Balance your plate with healthy eating and an active lifestyle to help fight breast cancer.

Pink Ribbon Produce, with Harris Teeter and its produce vendors want to help you bring balance to your life. By filling half your plate with fruits and vegetables and staying active, you're well on your way to making a difference in the fight against breast cancer.



The U.S. Department of Agriculture's ChooseMyPlate icon is sectioned off to show fruits and vegetables taking up half of the plate—your goal each day. The American Cancer Society recommends eating **at least** 2 1/2 cups of fruits and vegetables each day to help lower cancer risk. These foods contain important

vitamins, minerals, phytochemicals, and antioxidants and are usually low in calories. **Choose produce with the most color—dark green, red, yellow, and orange—they have the most nutrients.**



To learn more about Pink Ribbon Produce, visit www.pinkribbonproduce.org



AVOCADOS FROM MEXICO

How to choose a ripe avocado: Avocados mature on the tree, but they soften and develop to their full flavor after they are harvested.

Dark green to black FIRM avocados will ripen in 3 to 4 days if placed in a bag with an apple or banana. A black avocado with slight give will ripen on the counter in 2 to 3 days. Avocados CAN be refrigerated after they ripen. A half of avocado can be stored in the refrigerator; leave pit in half, coat lightly with olive oil or lemon juice, wrap tightly with cling or press wrap.

Avocados have no cholesterol and contain less than 1 g of sugar per serving.

Over 75% of the fat in avocados is unsaturated (monounsaturated and polyunsaturated fats), making them a great substitute for foods high in saturated fat.

One-fifth of a medium avocado (1 oz. serving) has 50 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice.

COUNTRY FRESH

Country Fresh LLC is a leading provider of fresh-cut fruit and vegetables in a variety of blends, sizes, and packaging options. Their Snack Fresh brand of all natural, convenient, and ready-to-eat products make it easy for you to grab a nutritious, great-tasting snack or meal any time.

The 4-compartment film seal trays provide a great selection—fruits, vegetables, cheeses and dips—perfect for lunches or snacking any time of day, and all items are 250 calories or less! According to the USDA, 1 1/2 cups of fruit per day help reduce your risk of chronic diseases and cancer.

Fruits contain dietary fiber, phenols, antioxidants, folic acid and vitamin C. They're low in fat, calories, sodium and best of all, taste great!

FRESH EXPRESS

Baby Kale Mix: This mix is a delicious and nutritious blend of baby kale, baby chard and baby spinach. Low in calories and high in fiber, Kale contains antioxidants and zero fat. Eat healthy while adding something new and unique to your diet!

Baby Spinach: Harvested when each tiny leaf is perfectly tender, Fresh Express Baby Spinach will surprise you with its mild and delicate taste. It's a good idea to keep their baby spinach on hand — add it to hot dishes, salads, sandwiches, and wraps for a boost in flavor and nutrition.

Spring Mix: Fresh Express Spring Mix contains carefully selected tender baby lettuces and greens, picked when the tiny leaves are perfect and whole. Their spring mix is not only flavorful, but also quite beautiful!

Salads are a great source of fiber, vitamin A, vitamin C, and other nutrients.



NATURE'S WAY FARMS, INC./FARMERS MARKET

Farmers Market russet, red, white, yukon and bulk sweet potatoes are packed and shipped by Nature's Way Farms. You can count on the highest quality at Harris Teeter throughout the year. Potatoes are not only delicious but a healthy addition to your daily diet. They are loaded with carbohydrates, protein, calcium, niacin and vitamin C. Sweet Potatoes provide more than twice the daily recommended intake of vitamin A and one third of the daily requirement of vitamin C. They're full of vitamin B6, fiber, iron and potassium and contain little fat and sodium.

Potatoes are a simple, cost effective and tasty way to meet the healthy plate challenge!

EARTHBOUND FARM

Earthbound Farm Organic Baby Spinach is prized for its mild flavor, tender texture and easy convenience. Triple-washed and ready to use—no prep needed—this baby spinach is perfect in all kinds of recipes from smoothies to salads, soups to sautés, pastas to casseroles and more. Among the world's healthiest, most nutritious and antioxidant-rich veggies, spinach is low in calories and free of fat and cholesterol, too.

A delicious and versatile foundation for just about any healthy meal, Earthbound Farm Organic Baby Spinach makes it easy to add greens to your day.

SUNLIGHT INTERNATIONAL

Flavor comes first at Sunlight International Sales/J. P. Dulcich & Sons. This family-owned company is dedicated to growing the finest California table grapes available. Popular brands include Pretty Lady, Harvest Hobgoblin and Sunlight, as well as others recognized worldwide.

Numerous studies on grapes suggest that grapes contribute to heart health. Grapes are rich in antioxidants. The role of grapes in maintaining cell health to prevent the development of cancer is an area of ongoing scientific interest.

A three-quarter cup of grapes contains just 90 calories, but no fat, no cholesterol and virtually no sodium. (Source: California Table Grape Commission)

For more information, visit www.dulcich.com.

EVOLUTION FRESH

Evolution Fresh was founded on one idea: the pursuit of an authentic juice experience. And this has led us to a different approach for making juice. Most juices are heat pasteurized, which may affect the natural flavors of the ingredients. Our juices are cold-pressed using high-pressure processing to help protect flavor and nutrients. No colors or flavors are added; just our favorite produce, minimally processed.

Because high-quality cold-pressed juices are what we do best, and having good-for-you nutrition at your fingertips is our passion.

Taste Cold-pressed. www.evolutionfresh.com.



EAT SMART®

Eat Smart® knows that fresh, flavorful vegetables are an important part of a healthy lifestyle. That is why they are committed to providing you with the highest quality ingredients. Only Eat Smart® keeps your vegetables their best by packaging them in a patented BreatheWay® packaging technology. Their products are washed and trimmed making them easy to enjoy straight from the bag or in a variety of dishes such as salads, soups, stir-fries, side dishes, and casseroles.

Eat Smart® fresh vegetables support a healthy diet and are an excellent source of antioxidant vitamins, A and C. Eat Smart® brand proudly brings you the best in healthy, convenient, value-conscious fresh products for you and your family year-round—look for Eat Smart® in your local produce section.

WHOLLY GUACAMOLE

Just the right amount of spice and garlic, Wholly Guacamole® products are sure to be a hit with everyone. Real homemade guacamole taste! Stays good in your freezer for up to 3 months. REMEMBER! Even when thawing, keep the product refrigerated for food safety!

Wholly Guacamole Classic dip is all natural, no preservatives, gluten free, kosher certified, naturally cholesterol free. Plus, Wholly™ products add to your daily fruit consumption because avocados are fruits!

NATURALLY FRESH® PRODUCTS

Preparing fresh, healthy meals from start to finish isn't always practical. To keep up with work and family, you need great tasting options that are quick and convenient. Naturally Fresh® products are the perfect way to fit homemade taste into an on-the-go lifestyle. These versatile dressings bring just the right accent to salads, provide a tasty dip for fruits and vegetables, and can be used as a marinade or ingredient in a recipe.

Naturally Fresh® dressings' great taste comes from using quality ingredients with no artificial colors, flavors, or preservatives.

Look for Naturally Fresh® dressings in your store's refrigerated section.

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Green Juice Salad Dressing

- 2 garlic cloves, crushed
- 1 tbsp white wine vinegar
- 1/2 lemon, juiced
- 1/4 cup Evolution Fresh Sweet Greens and Lemon juice
- 1/2 tbsp Dijon mustard
- 1/2 tsp each salt & pepper
- 1/3 cup olive oil

Directions: Mix together garlic, white wine vinegar, lemon juice, Evolution Fresh Sweet Greens and Lemon juice, Dijon mustard, and salt & pepper. Whisk in olive oil.

Drizzle over mixed greens and enjoy!



Grape Chicken Salad

- 1 chicken breast
- 1 cup celery, diced
- 1 20-oz can pineapple chunks, drained
- 2 11-oz cans mandarin orange segments, drained
- 2 cups seedless grapes, cut in half
- 1 cup rice
- Mayonnaise, to taste

Directions: Cook chicken till done, skin and bone, cut into small pieces. Let cool. Cook rice till done. Mix everything together, then use enough mayonnaise for mixing.





Roasted Cauliflower Salad with Spinach and Chickpeas

- 1 small head Earthbound Farm Cauliflower, outer leaves removed, cut or broken into bite-size florets/pieces
- 2-1/2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon white wine vinegar
- 1/2 teaspoon mustard seeds
- 1 tablespoon Dijon mustard
- 1/4 cup chopped Italian parsley
- 1/4 cup olive oil
- 1 14-oz can chickpeas (garbanzos), rinsed and drained
- 4 oz Earthbound Farm Organic Baby Spinach
- 1/4 cup Kalamata olives, chopped
- Salt and freshly ground black pepper to taste

Directions: Preheat oven to 400°F. Line a cookie sheet or sheet pan with parchment or foil.

Toss the cauliflower pieces with the olive oil, salt and pepper. Spread on the prepared sheet and roast in the oven for about 35 minutes or until golden brown, tossing the vegetables once midway through cooking time.

While the cauliflower is roasting, heat the vinegar and mustard seeds in a small saucepan over low heat for 5 minutes. Stir in the Dijon mustard, parsley and olive oil. Keep warm.

Place the chickpeas, spinach and olives in a large bowl. Add the hot roasted cauliflower and warm dressing, tossing to wilt the spinach a bit and coat all ingredients lightly with dressing. Taste and adjust seasonings with salt and pepper if needed. Serve warm or at room temperature.

Wholly Guacamole® dip Deviled Eggs

- 4 whole eggs in the shell
- 1/2 cup WHOLLY GUACAMOLE dip
- 1 tbsp. chopped cilantro
- 1 tbsp. minced green onion
- 1/4 tsp. salt (optional)
- 1 dash hot pepper sauce (e.g. Tabasco) or to taste
- 1 tsp. Worcestershire sauce, or to taste
- 1 tsp. Dijon-style prepared mustard
- 1 pinch paprika

Directions: Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10–12 minutes. Remove from hot water, cool, and peel. Slice eggs in half, and remove yolks to a mixing bowl.

In the bowl with the yolks, combine the Wholly Guacamole dip, cilantro and green onion. Season with salt, hot sauce, Worcestershire sauce, and mustard. Mix well, and fill empty egg halves. Chill until serving. Sprinkle with paprika just before serving.

WHOLLY
AMERICA'S #1
GUACAMOLE





meijer®

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HIGHLINE MUSHROOMS

Mushrooms pack a nutritional punch. They're a low-calorie, fat-free, cholesterol-free and low-sodium veggie, and they provide several nutrients. They are a good source of B vitamins, such as riboflavin, niacin, and pantothenic acid, which helps to provide energy by breaking down proteins, fats and carbohydrates. Mushrooms are also a source of important minerals such as selenium, copper, and potassium and they're the only item in the produce aisle that contains natural vitamin D. Since they are a low-energy-dense food (meaning few calories given the volume of food), this helps with feeling satiated during weight management.

Enjoy healthier versions of your favorite recipes without sacrificing taste and texture when you blend chopped mushrooms with ground meat. Use mushrooms in family favorite meals such as burgers, meatballs, tacos, lasagna, and pasta sauce.

Feel good about eliminating pesticides from the foods that you feed your family when you use Highline Mushrooms.

Wonderful citrus™



WONDERFUL CITRUS

Valencia Orange and Lime Honey Vanilla Smoothie

Prep: 5 min.

Servings: 2, 8-ounce smoothies

Waking up to fresh citrus gets your day off to a good start. Sweeten your breakfast smoothie with the fresh juice of Valencia oranges. This recipe uses honey-flavored yogurt to create a creamy drink with lots of orange and a hint of tangy lime.

1 cup fresh Valencia orange juice

Juice of 2 limes

1 cup honey-flavored Greek yogurt

1/4 teaspoon pure vanilla extract

1 to 1 1/2 cups ice

Directions: Place all ingredients in a blender with 1 cup of the ice. Puree until smooth. Add additional ice to thicken your smoothie, if desired. Serve immediately.

Choose Valencia oranges and limes from Wonderful Citrus for the freshest citrus.



SOUTHERN SPECIALTIES

Now your family can enjoy gourmet every day...in minutes with Southern Selects French Beans and Asparagus.

Chefs in the finest restaurants have prized Southern Selects French Beans for years. Now your family can enjoy the great flavor of these slender, quick-cooking gourmet beans. The stems are trimmed for convenience and the lovely tapered tip is left on for a unique presentation. Southern Selects French Beans can be microwaved in minutes or steamed, sautéed or boiled. Enjoy them as a beautiful side dish, in casseroles, or as a flavorful addition to salads.

Eating this healthy never tasted so good! Serve your family excellent levels of dietary fiber, antioxidants, vitamin A, and more in the best-tasting green bean ever, Southern Selects French Beans.

There has never been a better time for your family to enjoy the great flavor and versatility of fresh Southern Selects Asparagus.

You can prepare their asparagus by simply steaming, roasting or microwaving. Oh, did we mention Southern Selects Asparagus is terrific in soups, salads and pasta dishes as well?

Asparagus provides a wide variety of antioxidant nutrients, including vitamin C, beta-carotene, vitamin E, and the minerals zinc, manganese, and selenium.

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DOLE®

Keep DOLE® Salads on hand—it's an easy way to help you get your daily boost of the vitamins and nutrients you need to power through your day!

DOLE Blends: Find your inspiration with our extensive gallery of greens. We have the greens to complement any dish you dream up. Whether it's sweet Hearts of Romaine or robust Field Greens, our variety of salads is the door to a world of inspiration for any occasion. Get deliciously creative!

DOLE Salad Kits: With everything you need to create a distinctively flavorful salad, try the variety of All-Natural Salad Kits. Our Kits combine blends of fresh, wholesome lettuces with a tasty variety of ingredients and toppings—from artisan-style croutons and indulgent cheeses to our uniquely delicious dressings. Every salad kit is packed with all the mouthwatering ingredients you need to make a distinctively flavorful salad. Experience the adventure!

DOLE Chopped: Layers of craveable flavor. Savor fresh blends of lettuces and veggies cut to bite-size perfection and salad kits that pair our blends with restaurant-inspired dressings and toppings. Our NEW Chopped Salads offer a convenient and mouthwatering mix of flavors, textures and tastes. Create what you love!



INSPIRED BY FLAVOR™



SUNSET® CAMPARI® BRAND COCKTAIL TOMATOES THE TOMATO LOVER'S TOMATO!™

In 1995 SUNSET® pushed the boundaries on flavor by introducing a European tomato and for the first time in history, a tomato was called by the name Campari®. This changed the industry and opened the door to flavor.

In addition to a perfect balance of sweetness and acidity, there's something about Campari's smallish size that seems just right. Ask any foodie and they will tell you that this multi-talented European rocks the kitchen all year long.



DNE WORLD FRUIT

Mandarins/Tangerines/Oranges

Autumn is the perfect season for these delightful, vibrant-color fruit varieties. They have a robust flavor, are very sweet, juicy and loaded with vitamin C. While the mandarins and tangerines are petite and easy to peel making them the ideal high energy on the go snack, the Midnight's are a late season orange that is slightly larger, seedless and juicy. These fall favorites not only taste great but are a nutrient-rich food that delivers a substantial amount of vitamins and minerals that help support a healthy immune system.

High in vitamin C, vitamin A, potassium, calcium and dietary fiber. Fat free, cholesterol free, and sodium free.

BOLTHOUSE FARMS



If you love piña coladas and getting caught in the rain, you'll love our new Tropical Goodness smoothie. The exotic deliciousness of dragonfruit, guava and pineapple mixed in with coconut water and ground chia seeds. Okay, you can stop humming the song now.

Bolthouse Farms Tropical Goodness Smoothie is gluten free, contains no preservatives, and no artificial colors or flavors. It contains 80% of the daily recommended value of vitamin C and 3 servings of fruit in every 15.2 oz bottle. Delicious!



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PERO FAMILY FARMS

2lb. Mini Sweet Peppers

Pero Family Farms Mini Sweet Peppers are the perfect snack. Snack on 'em with your favorite dip, or stuffed with your own creation. Snack on 'em in your salad, or right off the grill. Any way you choose, Pero Family Farms Mini Sweet Peppers are a sweet treat to eat!

Organic Green Beans

Pero Snipped Green Beans are convenient and perfect for almost every course. The sweet flavor and crunchy texture add excitement to any recipe. Pero Green Beans have no fat or cholesterol, are a good source of dietary fiber and vitamin C. Great for salads, stir fries, steaming or as a snack. Once you have tried Pero's green beans, nothing else will compare.

AVOCADOS FROM MEXICO

How to choose a ripe avocado: Avocados mature on the tree, but they soften and develop to their full flavor after they are harvested.

Dark green to black FIRM avocados will ripen in 3 to 4 days, if placed in a bag with an apple or banana. A black avocado with slight give will ripen on the counter in 2 to 3 days. Avocados CAN be refrigerated after they ripen. A half of avocado can be stored in the refrigerator; leave pit in half, coat lightly with olive oil or lemon juice, wrap tightly with cling or press wrap.

Avocados have no cholesterol and contain less than 1 g of sugar per serving.

Over 75% of the fat in avocados is unsaturated (monounsaturated and polyunsaturated fats), making them a great substitute for foods high in saturated fat.

One-fifth of a medium avocado (1 oz. serving) has 50 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice.

LITEHOUSE

Greek yogurt is all the rage these days, due to its creamy texture and great health benefits. Litehouse wanted to deliver these health benefits to you and your family by creating delicious products that provide more protein, fewer calories, and all of the flavor you expect from Litehouse...so we did that and more.

We utilized Greek yogurt as a base for our dressings and dips! You can now enjoy the health benefits of Greek yogurt when creating great meals for your family or entertaining friends, without compromising on taste.

With a wide variety of flavors available, including both fruit and veggie dips, you can feel good creating delightful meals with OPA by Litehouse™ dressings and Opadipity™ dips, which are made fresh with no preservatives, no MSG, and are gluten free!

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Soba Noodles with Veggies & Avocado-Miso Dressing

Prep: 15 min.

Servings: 2

4 oz. soba noodles, cooked according to package directions

1/2 pkg. (12 oz.) DOLE® Chopped Asian Blend

1 cup cauliflower, cut into florets

1/4 cup Pero Family Farms® Mini Sweet Peppers, seeded and julienned

Avocado-Miso Dressing

1 DNE World Fruit tangerine, peeled and sectioned

2 tablespoons julienned fresh mint leaves

Directions: Divide noodles between two medium bowls. Toss salad blend, cauliflower and mini sweet peppers with Avocado-Miso Dressing until coated. Divide salad and place over noodles. Sprinkle with tangerine segments and mint.

Avocado-Miso Dressing: Combine 1 avocado, peeled and seeded, 6 tablespoons water, 3 tablespoons white miso, 2 tablespoons rice vinegar, 2 teaspoons freshly grated ginger and 1/4 teaspoon red pepper flakes in blender. Cover, blend until smooth.





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DOLE Blends: Our Salad Blends offer an abundance of textures, tastes and pairings at your fingertips to complement any dish you dream up. Our Power Up Greens are brimming with bold flavor and powerful nutrition that provide an excellent source of vitamins A, K, C and calcium, magnesium and folate, and offer antioxidant benefits.

DOLE Salad Kits: Our All-Natural Salad Kits combine blends of fresh, wholesome lettuces with a tasty variety of ingredients and toppings—from artisan-style croutons and indulgent cheeses to our uniquely delicious dressings. Every salad kit is packed with all the mouthwatering ingredients you need to make a distinctively flavorful salad. Everything you need is in the bag!

DOLE Chopped: Our Chopped Salads offer a convenient and mouthwatering mix of flavors, textures and tastes. Savor fresh blends of lettuces and veggies cut to bite-size perfection and salad kits that pair our blends with restaurant-inspired dressings and toppings. Create what you love!



SANTA SWEETS

Santa Sweets Authentic Grape Tomatoes pack so much sweet and juicy flavor, parents and kids alike will eat them by the handful. Shoppers know to ask for them by name to make sure that they are getting the best tasting tomatoes out there.

As a family-run company and the first to introduce grape tomatoes to the United States, Santa Sweets stays AUTHENTIC by hand-picking tomatoes only after they've ripened on the vine, ensuring the highest quality and best flavor in each bite.

Grape tomatoes are also cholesterol and fat free, low in calories, and high in vitamin C. Fresh from the fields, Santa Sweets Authentic Grape Tomatoes are a healthy option packed with flavor year-round.



FOWLER PACKING

What could be more convenient than grapes? Delicious bite-sized pieces packed in a cluster ready to pop into your mouth. Founded in 1950, Fowler Packing continues to be a family-run and owned operation taking pride in delivering great-tasting fruit.

Just one cup of grapes provides more than a quarter of the daily recommended values of vitamins K and C. Grapes also contain a diverse array of antioxidants, especially those found in the grape skin.



BUSHWICK POTATO COMPANY

For 80 years, Bushwick Potato Company has been delivering the finest potatoes direct from the farm, fresh to your table.

Did you know that potatoes rank in the top 5 sources of vitamin C? The average-size potato contains more potassium than bananas and best of all, they are fat free! Potatoes have long been a healthy staple in many families' meals, everyone has their favorite!

The russet potato is the most popular baking potato but also makes fantastic French fries and mashed potatoes. Red potatoes are great in soups and make a terrific side dish for any meal. Yukon Gold potatoes are perfect for baking, mashing, whipping and roasting. And, white potatoes (or "All Purpose" potatoes) are great for baking, frying, boiling and roasting, and are excellent in a summer potato salad.

Rosemary Roasted Potatoes

Cut potatoes into 1-inch chunks, while heating oven to 450°F. Toss potatoes with olive oil and chopped garlic. Arrange in a single layer on a baking pan. Roast 30 minutes. Sprinkle with balsamic vinegar and rosemary. Toss.



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Apple & Date Salad with Brie

Prep: 15 min.

Servings: 3–4

1 pkg. DOLE® Chopped Summer Garden Blend (12 oz.)

1 Granny Smith apple, cored and sliced

1/2 cup pitted dates, chopped

1/2 cup walnuts, toasted and chopped

1/2 cup red onion, chopped

2 oz. Brie cheese, chopped

Apple Dijon Vinaigrette dressing (recipe below)

Salt & ground black pepper to taste

Dressing: Combine 1/2 cup apple jelly, 1/4 cup apple cider vinegar, 1/4 cup canola oil, 2 teaspoons Dijon mustard, 1 clove garlic, 1/8 teaspoon cayenne pepper in blender. Cover, blend until smooth. Makes about 1 cup.

Directions: Combine salad, apples, dates, walnuts, onion and Brie in large bowl. Toss with Apple Dijon Vinaigrette until coated as desired. Season with salt and pepper to taste.

Sweet Kale Fish Tacos

Prep: 15 min.

Cook: 15 min.

Servings: 4

4 tbsp olive oil

2 tsp balsamic vinegar

1/2 tsp garlic salt

3 1/2 tsp fresh lemon juice, divided

Dash lemon pepper

4 8-oz cod fillets, fresh or thawed frozen

1 12-oz package Eat Smart Sweet Kale Salad

1 tsp adobo sauce from can of chipotle peppers

1 clove garlic, minced

8 corn tortillas

1 avocado, pitted, peeled and sliced into 16 wedges

1/2 cup cilantro, rinsed, dried and chopped salt and pepper to taste

Directions: Preheat oven to 400°F. In a small bowl, whisk olive oil, balsamic vinegar, garlic salt, two teaspoons lemon juice and lemon pepper. Add fish to marinade, flipping to coat. Place fish in a baking dish. Pour remaining marinade over fish. Bake for 10-15 minutes or until internal temperature reaches 145° F.

While fish is baking, make dressing. Whisk together one packet of dressing from Sweet Kale Salad bag, adobo sauce, 1 1/2 teaspoons lemon juice and garlic. Add salt and pepper to taste. In a large bowl, add the Sweet Kale Salad vegetable blend, setting aside cranberries and pumpkins seeds for another use. Toss salad with dressing. In a small skillet, warm tortillas one at a time in a dry pan. Place half of each fish fillet onto each corn tortilla, top with salad blend, avocado and cilantro.

