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#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 Price Chopper, Market32 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



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: 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.



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.

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Share What's On Your Plate and Win a \$250 Gift Card with our Instagram Contest!

During Breast Cancer Awareness Month (Oct. 1-31), follow us on Instagram (@pinkribbonproduce) and take a pic of your fresh plate (#whatsonyourplate) using at least one of our partner's products for a chance to **win a \$250 Price Chopper gift card and a donation to the National Breast Cancer Foundation made in your name.**

To learn more about Pink Ribbon Produce, visit www.pinkribbonproduce.org
Always check with your healthcare practitioner about the diet that's right for you.





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.

