



Del Monte

Fresh Produce

Presents

**Golden entertaining ideas**



Year-round entertaining made

# P easy!

## Pineapples

have long been a symbol of welcome, warmth and goodwill.

What better way to entertain family and friends than by serving recipes featuring this most hospitable fruit.

**Del Monte Gold**,™ a new pineapple variety grown in Costa Rica, is twice as sweet and has four times the vitamin C content of traditional pineapples. Its consistently sweet flavor, bright golden hue and juicy texture instantly transform everyday dishes into extraordinary fare.

Whether you're hosting an impromptu weeknight dinner, formal buffet or Sunday brunch, these recipes provide delicious, easy-to-make menu items that are sure to impress. We hope entertaining with **Del Monte Gold**™ brings you "sweet" success and many "golden" memories!

# Sweet beginnings



## Tossed Greens with Pineapple, Apple and Feta Cheese

*Makes 4 servings*

- 3 tablespoons balsamic vinegar
- 3 tablespoons water
- 2 tablespoons hot-sweet mustard
- 1 clove garlic, minced
- Salt and pepper, to taste
- 6 cups torn butter lettuce leaves
- 1 1/2 cups (3/4") **Del Monte Gold™** pineapple cubes
- 2 medium Red Delicious apples, cored and thinly sliced
- 1 small red onion, thinly sliced
- 3 tablespoons crumbled feta cheese

To make vinaigrette, in small bowl whisk together vinegar, water, mustard and garlic; season with salt and pepper. Set aside. In large bowl, combine remaining ingredients. Drizzle with vinaigrette and toss gently. Serve immediately.



**Nutritional analysis per serving:** 114 cal; 2.8 g pro; 22.7 g carb; 2.5 g fat; 6.3 mg chol; 4.3 g fiber; 185 mg sod.

## Green Onion Crab Cakes with Pineapple Salsa

*Makes 4 servings*

### Green Onion Crab Cakes

- 1/2 pound fresh crabmeat or 2 (6 oz.) cans crabmeat, drained
- 1/2 cup fresh breadcrumbs
- 1 egg, beaten
- 2 green onions, chopped
- 2 tablespoons nonfat mayonnaise
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon Worcestershire sauce
- Dash hot pepper sauce
- Black pepper, to taste

In medium bowl, gently stir together all ingredients except black pepper. Season to taste with black pepper. Cover and chill 15 minutes.

Form crab mixture into 8 equal-sized patties. Coat large nonstick skillet with vegetable cooking spray and set over medium-high heat. Sauté crab cakes, turning once, until golden on both sides, about 3 minutes per side. Serve with pineapple salsa.

### Pineapple Salsa

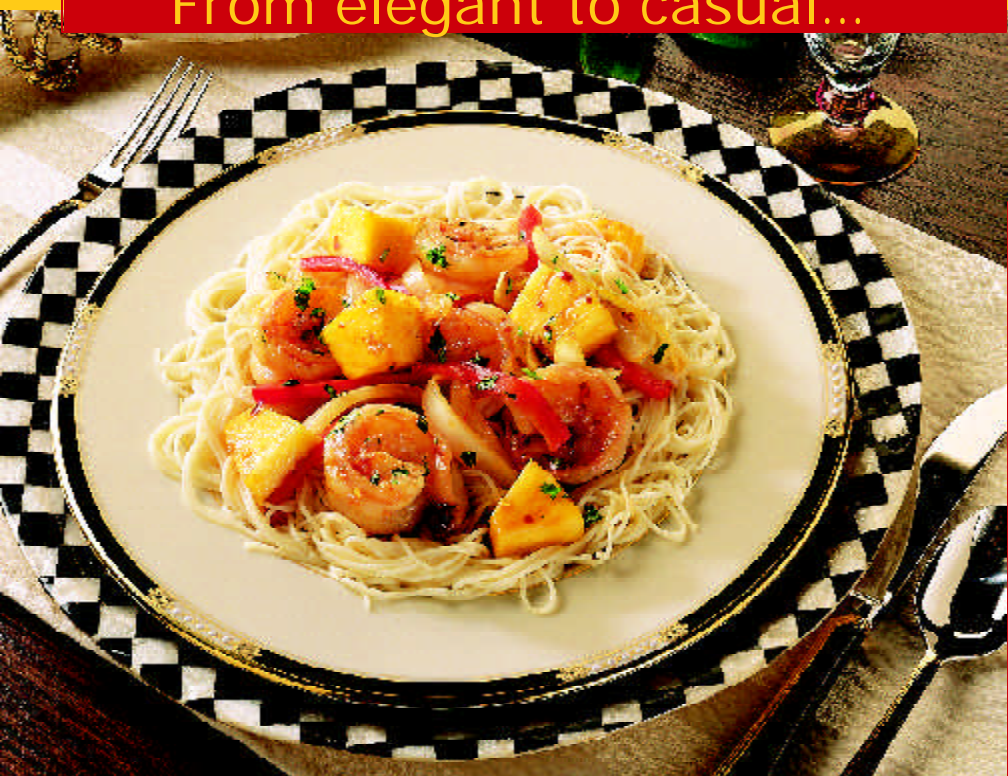
- 2 cups diced **Del Monte Gold™** pineapple
- 1/2 cup chopped green onion
- 1/4 cup chopped fresh cilantro
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon cayenne pepper
- Salt and pepper, to taste

Combine first five ingredients in medium bowl; toss to blend. Season with salt and pepper.



**Nutritional analysis per serving:** 175 cal; 14.5 g pro; 22.8 g carb; 3.2 g fat; 99.5 mg chol; 2 g fiber; 342 mg sod.

## From elegant to casual...



### Sweet and Hot Peppered Shrimp and Pineapple with Angel Hair Pasta

*Makes 4 servings*

- 1/4 cup packed brown sugar
- 2 tablespoons low-sodium soy sauce
- 1/2 teaspoon red pepper flakes
- 2 tablespoons vegetable oil
- 1 medium onion, cut into thin wedges
- 1/2 red bell pepper, cut into thin strips
- 1 pound large shrimp, peeled and deveined
- 1/8 teaspoon salt and black pepper
- 1 cup (3/4") **Del Monte Gold™** pineapple cubes
- 1/2 pound hot cooked angel hair pasta
- 2 tablespoons chopped fresh cilantro

In small bowl, combine sugar, soy sauce and pepper flakes; mix well and set aside. In large nonstick skillet, heat oil over medium-high heat. Add onion; cook, stirring occasionally until soft, about 4 minutes. Stir in bell pepper strips; cook, stirring occasionally, for 2 minutes. Season shrimp with salt and pepper; add to skillet. Cook and stir until shrimp are pink and no longer translucent, about 3 minutes. Stir in soy sauce mixture; cook an additional 2 minutes. Add pineapple and warm through, about 1 minute.

To serve, divide pasta among 4 pasta bowls. Top with shrimp-pineapple mixture, dividing equally. Sprinkle with cilantro.

**Nutritional analysis per serving:** 520 cal; 31.5 g pro; 75.3 g carb; 10 g fat; 172 mg chol; 3.6 g fiber; 493 mg sod.





Del Monte Gold™

# sweetens entrées

## Tropical Chicken Breast Sauté on Bed of Seasoned Rice *Makes 4 servings*

### Chicken Breast Sauté

- 1/2 cup thawed, frozen pineapple juice concentrate diluted with 1/4 cup water
- 1/2 cup thawed, frozen orange juice concentrate diluted with 1/4 cup water
- 1 1/2 tablespoons cornstarch
- 4 (4 oz.) boneless, skinless chicken breast halves
- Salt and pepper, to taste
- 1 medium yellow onion, cut into thin wedges
- 1 1/2 cups (3/4") **Del Monte Gold™** pineapple cubes
- 2 oranges, peeled and sectioned
- 1 tablespoon chopped fresh Italian parsley

In small bowl, whisk together juice concentrate mixtures and cornstarch until smooth; set aside. Spray large nonstick skillet with vegetable cooking spray and place over medium heat. Season chicken with salt and pepper and add to skillet. Cook, turning once, until chicken is firm to the touch and juices run clear, 8 to 10 minutes. Remove chicken from skillet; set aside and keep warm.

Add onion; cook, stirring occasionally until soft, about 6 minutes. Whisk in juice concentrate-cornstarch mixture; bring to boil, reduce heat and simmer, stirring, until sauce is smooth and thick, about 2 minutes. Return chicken to skillet and turn to coat with sauce. Add pineapple and oranges; warm through, about 1 minute.

To serve, divide rice among 4 dinner plates. Top with chicken and sauce, dividing equally. Sprinkle with parsley.

### Seasoned Rice



- 2 1/4 cups low-sodium chicken broth
- 1 cup long-grain white rice
- 4 green onions, chopped
- 1 tablespoon chopped fresh Italian parsley
- Salt and pepper, to taste

In medium saucepan, bring broth to boil. Stir in rice; reduce heat to simmer; cover and cook for 15 minutes. Stir in green onions; cover and cook until broth is absorbed, about 5 minutes. Remove from heat. Stir in parsley; season with salt and pepper.

### Nutritional analysis per serving:

544 cal; 32.6 g pro; 92.6 g carb; 4.6 g fat; 62 mg chol; 4.3 g fiber; 97.4 mg sod.



# Festive desserts

## for busy cooks

### Puff Pastry Shells with Pineapple-Strawberry-Kiwi Topping

*Makes 6 servings*

- 1 10 oz. pkg. frozen puff pastry shells (6 shells)
- 1 1/2 cups diced **Del Monte Gold™** pineapple
- 1/2 cup sliced strawberries\*
- 1 kiwi, peeled, quartered and sliced crosswise
- 2 tablespoons powdered sugar
- 1 1/2 cups prepared whipped topping
- Additional powdered sugar, for dusting
- 4 mintsprigs

Preheat oven to 400° F. Bake puff pastry shells according to package directions; set aside to cool. In small bowl, gently toss pineapple, strawberries and kiwi with 2 tablespoons powdered sugar; set aside for 1/2 hour.

To serve, place pastry shells on individual dessert plates; spoon 1/3 cup fruit mixture and its juice into each shell. Top each with 1/4 cup whipped topping. Dust with additional powdered sugar; garnish with mint sprigs.

*\*Substitute thawed, frozen sliced strawberries when not in season.*

**Nutritional analysis per serving:** 323 cal; 4 g pro; 37.2 g carb; 18.1 g fat; 0 mg chol; 1.1 g fiber; 129 mg sod.



# Entertaining tips

for a variety of tastes...

- Place Del Monte Gold™ pineapple spears, honeydew melon wedges and thin slices of Italian prosciutto on a plate; serve with breadsticks and black peppercorns for grinding.
- Combine Del Monte Gold™ pineapple chunks, cucumber slices, avocado cubes and halved cherry tomatoes; toss with a favorite vinaigrette and serve.
- Brush Del Monte Gold™ pineapple rings with warm apricot jam and place on sautéed pork medallions that have been seasoned with soy sauce.
- Pan-sear sea bass fillets; top with chunky sauce of Del Monte Gold™ pineapple cubes, chopped red onion, slivered mint leaves and a splash of orange juice.
- Spoon diced Del Monte Gold™ pineapple into individual wine goblets. Top with whipped cream, crumbled gingersnap cookies and toasted, slivered almonds.
- For a tropical ice cream topping, combine Del Monte Gold™ pineapple cubes, sliced bananas and lots of toasted coconut.

## Pineapple and Raspberry Crepes

*Makes 4 servings*

- 1/2 cup flour
- Pinch of salt
- 1 cup milk
- 2 eggs
- 1 tablespoon butter, melted and cooled slightly
- Vegetable oil, as needed
- 1 1/2 cups diced **Del Monte Gold™** pineapple, divided
- 1 1/2 cups raspberries, divided\*
- 1 cup prepared whipped topping
- Powdered sugar, for dusting
- 4 mintsprigs

To make crepe batter, sift flour and salt into a bowl. In another bowl, beat together milk and eggs, add butter.

Pour mixture over the flour, beat until smooth; let stand for 1 hour. To make crepes, use a little oil to grease an 8" nonstick skillet and place over medium-high heat. Ladle in 3 tablespoons batter. Tilt skillet so batter coats entire bottom of pan. Cook crepe until set and lightly browned on 1 side; turn crepe over to brown other side. Remove and keep warm while cooking the remaining 7 crepes.

To make Žilling, gently fold 1 cup each of pineapple and raspberries into whipped topping. To assemble, place 1/4 cup Žilling down center of each crepe and gently roll up to enclose Žilling. Place 2 crepes on each individual dessert plate. Sprinkle with remaining 1/2 cup each pineapple and raspberries, dividing equally. Dust with powdered sugar; garnish with mint sprigs.

*\*Substitute thawed, frozen raspberries when not in season.*

**Nutritional analysis per serving:** 287 cal; 8.2 g pro; 41.4 g carb; 10.4 g fat; 127 mg chol; 4.6 g fiber; 193 mg sod.