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Dole streamlines healthy meal planning

In addition to the return to school and busier family schedules for everyone, fall can mean a return to the day-to-day challenges of healthy meal planning.

In response, Dole Food Co. Inc. created 15-Minute-Made Meals, a collection of the produce leader's often-requested recipes that combine fresh fruit- and vegetable-based ingredients with prep times of 15 minutes or less to deliver easy, healthy and satiating options for breakfast, lunch, dinner and dessert.

This latest set of 20 recipes represents the August installment of the "Healthier by Dole" series of nutritious alternatives to popular dishes enjoyed during life's big and small moments. Led by Melanie Marcus, Dole's nutrition and health communications manager, the monthly program has inspired healthier tailgates, BBQs, picnics and holidays so far this year.

"As the leisurely summer schedule gives way to early-morning wake-up calls, nightly homework and more late nights at work, it may feel impossible to maintain a healthy-eating routine," said Marcus. "Our 15-Minute-Made Meal recipes are kid-friendly and lend themselves to time-starved families. We've also incorporated some of my favorite Dole Salad Kits and Dole Sheet Pan Starter Meal Kits to take the guesswork out of healthy fall meal planning."

While cook times vary, each Dole entrée, sandwich, side dish, smoothie and dessert recipe on the list requires a prep time of 15 minutes or less, and most are gluten-free, vegetarian and/or vegan.

For all the "Healthier by Dole" original recipes, nutritional insights, and other information, visit <https://www.dole.com/en/recipes>.

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