

Simply Sensational

Quick And Easy Meal Ideas Using Fresh Fruit

(NAPSA)—When warm weather arrives, many families look for quick and easy meal ideas that take advantage of the season's bounty of fabulous fresh fruits and vegetables.

For example, one-dish, stove-top cooking lets chefs serve up excellent meals without overheating the kitchen. Consider this luscious dish from the Dole Food Company:

Golden Stir-Fry With Happy Spice

Prep Time: 20 minutes

Cook Time: 10 minutes

Makes 4 servings

- 2 cups DOLE® Fresh Pineapple Chunks
- ½ lb. boneless pork loin, sliced
- 2 cloves garlic, finely chopped, divided
- 2 tablespoons soy sauce, divided
- 2 tablespoons honey
- 2 teaspoons cornstarch
- ⅛ to ¼ teaspoon Chinese Five Spice or ground cloves
- 1 yellow onion, cut in wedges
- 1 tablespoon finely chopped fresh ginger
- 2 teaspoons vegetable oil, divided
- 1 cup sliced zucchini
- 2 cups DOLE Broccoli, cut into florets

- Toss pork with 1 clove finely chopped garlic and 1 tablespoon soy sauce in medium bowl. Combine remaining soy sauce with honey, cornstarch and spice in small bowl. Set aside.

- Cook remaining garlic, onion and ginger in 1 teaspoon hot oil for 2 to 3 minutes. Add remaining oil to skillet with pork. Cook 1 minute, stirring. Add pineapple, squash, broc-



Fresh Pineapple Mango Tarts

coli and 2 tablespoons water. Cover, cook 2 minutes. Stir honey-soy mixture; add to skillet. Cook, stirring, until sauce boils. Serve with hot cooked rice, if desired.

A cool way to top off your meal is with a simple, refrigerated fruit dessert, such as this tangy and tantalizing creation:

Fresh Pineapple Mango Tarts

Prep Time: 20 minutes

Chill Time: 30 minutes

Makes 6 servings

- 2 cups fat-free sour cream
- 1 package (4-serving size) instant vanilla pudding
- 1½ cups chopped DOLE Fresh Pineapple
- 1½ cups peeled and chopped Fresh DOLE Mango
- 6 prepared graham cracker tart crusts (4 oz. package)

- Beat together sour cream and instant pudding. (Note: Mixture may appear granular at first but will smooth out upon standing.) Stir in pineapple and mango.



Golden Stir-Fry With Happy Spice

- Divide fruit mixture equally, filling tart shells. (Note: Tart shells will be very full.) Chill for 30 minutes.

- Garnish with strawberry or raspberry and mint leaf, if desired. Serve.

For more recipes and other helpful ways to weave fresh fruits and vegetables into your family's menus, visit the Web site at www.dole.com.