

How many different vegetables can you put into your salad?

"Rainbow of Vegetables" Tossed Salad with Fruit

LEAFY GREENS

(Amount: use 2 cups)

Mixed Greens

Spinach

Red Leaf Lettuce

Green Leaf Lettuce

Romaine Lettuce

RED/ORANGE VEGETABLES

(Amount: use 1/2 cup)

Beets

Carrots

Bell pepper

Tomatoes

Radishes

YELLOW/WHITE VEGETABLES

(Amount: use 1/2 cup)

Bell pepper

Onions

Squash

Cauliflower florets

Corn kernels

Wax beans

GREEN VEGETABLES

(Amount: use 1/2 cup)

Beet Greens

Cabbage (red or green)

Bell pepper

Broccoli florets

Cucumbers

Zucchini

Celery

Asparagus

Green Beans

Kohlrabi

Onions/Scallions

Snap Beans

DRESSING

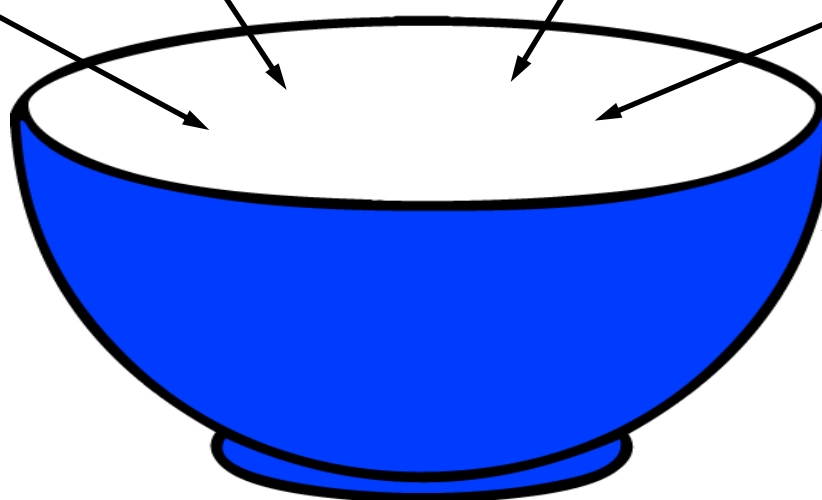
Mix together:

1 Tablespoon olive oil

1 Tablespoon vinegar

1 teaspoon dried oregano

Black pepper, to taste



FRUIT

(Amount: use 1/4 cup)

Berries

Apples

Peaches

Pears

Plums

Grapes

Strawberries

FLAVORFUL NUTRITIOUS ADDITIONS

(Up to 1/2 cup) Grilled Chicken Breast Tofu Cooked Egg Whites
Canned Tuna Low-fat Cheese Canned Chickpeas Olives

(Up to 1/4 cup) Raisins Dried Cranberries Almonds Pine Nuts
Sunflower Seeds

- 1. GET READY!** Choose one or more leafy greens and add to your salad bowl.
- 2. GRATE, CHOP OR SLICE!** Choose one or more fruits or vegetables from each color group above and cut as desired.
Grate harder vegetables like carrots so they are easy to chew!
- 3. MEASURE & TOSS!** Measure fruits & vegetables and toss to your salad bowl.
- 4. ADD DRESSING!** Mix together dressing ingredients. Add dressing to your salad bowl and toss.
- 5. ADD VARIETY!** Choose 1 or more flavorful nutritious additions to create different recipes.

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- * **Don't throw away vegetables and fruits by the end of the week. Instead put them in a salad (or stir-fry) every night.**
- * **Use a grater to grate hard to chew vegetables like raw beets and carrots. They will release more flavor into your salad.**
- * **Cut vegetables and fruits into thin small slices so they are easy to chew. Seniors love an easy to chew salad.**
- * **See how many market vegetables you can put into your salad. A variety of different vegetables, fruits and herbs adds color to your meals. More colors mean more nutrients in every bite.**
- * **Make a slaw! Slaw is a type of salad where all the ingredients are grated or chopped very fine. Use your grater and experiment! Slaw different vegetables and fruits together and add dressing.**
- * **Add variety to your slaws and salads. Add fruits, nuts, beans, meats, and fish. There really is no limit to what you can do.**