

How many different vegetables can you put into a slaw?

"Rainbow of Vegetables" & Fruit Slaw

RED/ORANGE VEGETABLES

(Amount: use 1 cup grated)

Beets
Bell peppers
Carrots
Onions
Radishes
Red Cabbage

YELLOW/WHITE VEGETABLES

(Amount: use 1 cup grated)

Bell peppers
Carrots
Onions
Squash
Turnips

GREEN VEGETABLES

(Amount: use 1 cup grated)

Bell peppers
Cabbage
Cucumbers
Zucchini
Kohlrabi

FRUIT

(Amount: use 1 fruit
grated or diced)

Apples
Peaches
Pears
Plums



SEASONINGS/HERBS

Fresh herbs (chopped)

(1-2 Tablespoons)

Basil Cilantro Mint Dill
Oregano

Dried herbs

(1/2 to 1 teaspoon)

Thyme Dill Rosemary
Mustard Seeds Celery Seeds

FLAVORFUL NUTRITIOUS ADDITIONS

Spinach Celery Beet Greens

(chopped fine) (Up to 1/2 cup)

Raisins Dried Cranberries Almonds

Walnuts (chopped fine) (Up to 1/4 cup)

CHOOSE YOUR

FAVORITE DRESSING

Nonfat vanilla yogurt (1/4 cup)

Orange Juice (1-2 Tablespoons)

OR

Lite or low-fat mayonnaise

(1/4 cup)

OR

1 Tablespoon olive oil

1 Tablespoon vinegar

1/2 teaspoon dried ginger

Black pepper, to taste

- 1. GET READY!** Choose one or more fruits or vegetables from each color group above.
- 2. GRATE & CHOP!** Use the large holes of a grater to shred ingredients. Chop into small pieces if fruits or vegetables are too soft to grate. Measure and add to your mixing bowl.
- 3. ADD DRESSING!** Mix together dressing ingredients. Add to slaw until the dressing is evenly distributed.
- 4. ADD VARIETY!** Choose 1 or more flavorful nutritious additions to create different recipes.
- 5. EXPERIMENT WITH FLAVOR!** Choose 1 to 2 seasonings/herbs to create different flavors. **Remember a slaw is a salad with much smaller pieces of fruits & vegetables.**

How many different vegetables can you put into your slaw?

- * **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.**