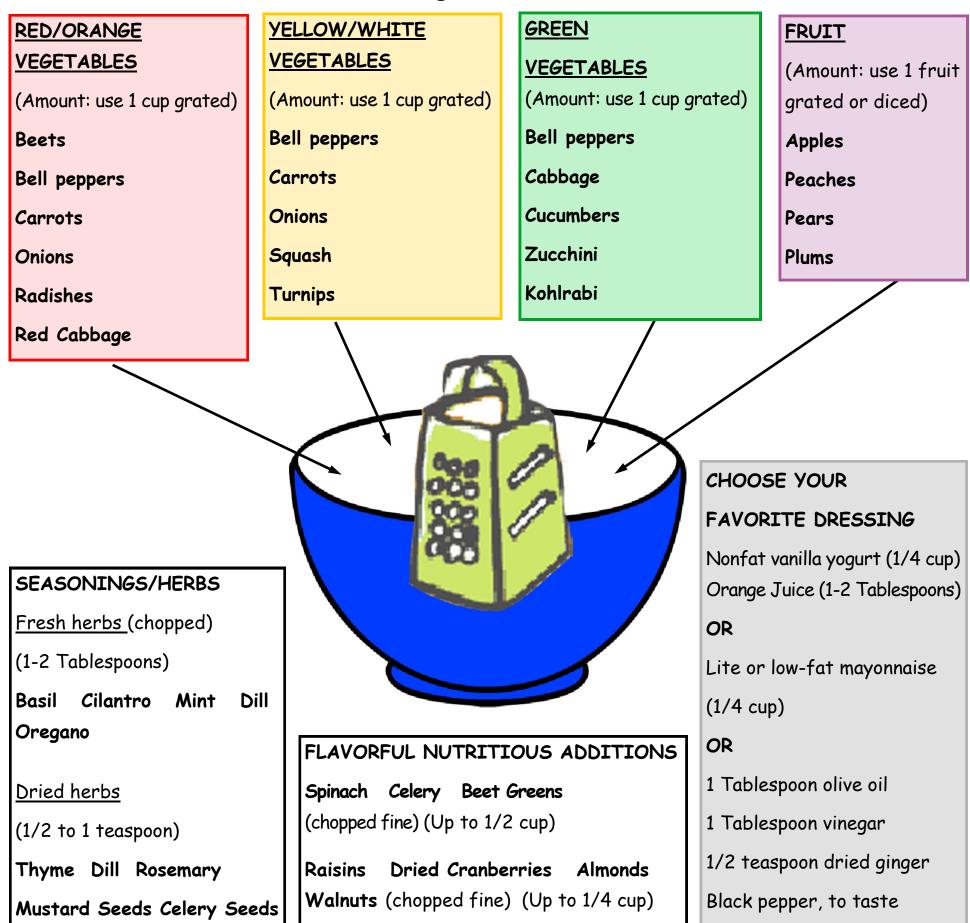
## How many different vegetables can you put into a slaw?

## "Rainbow of Vegetables" & Fruit Slaw



- 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.