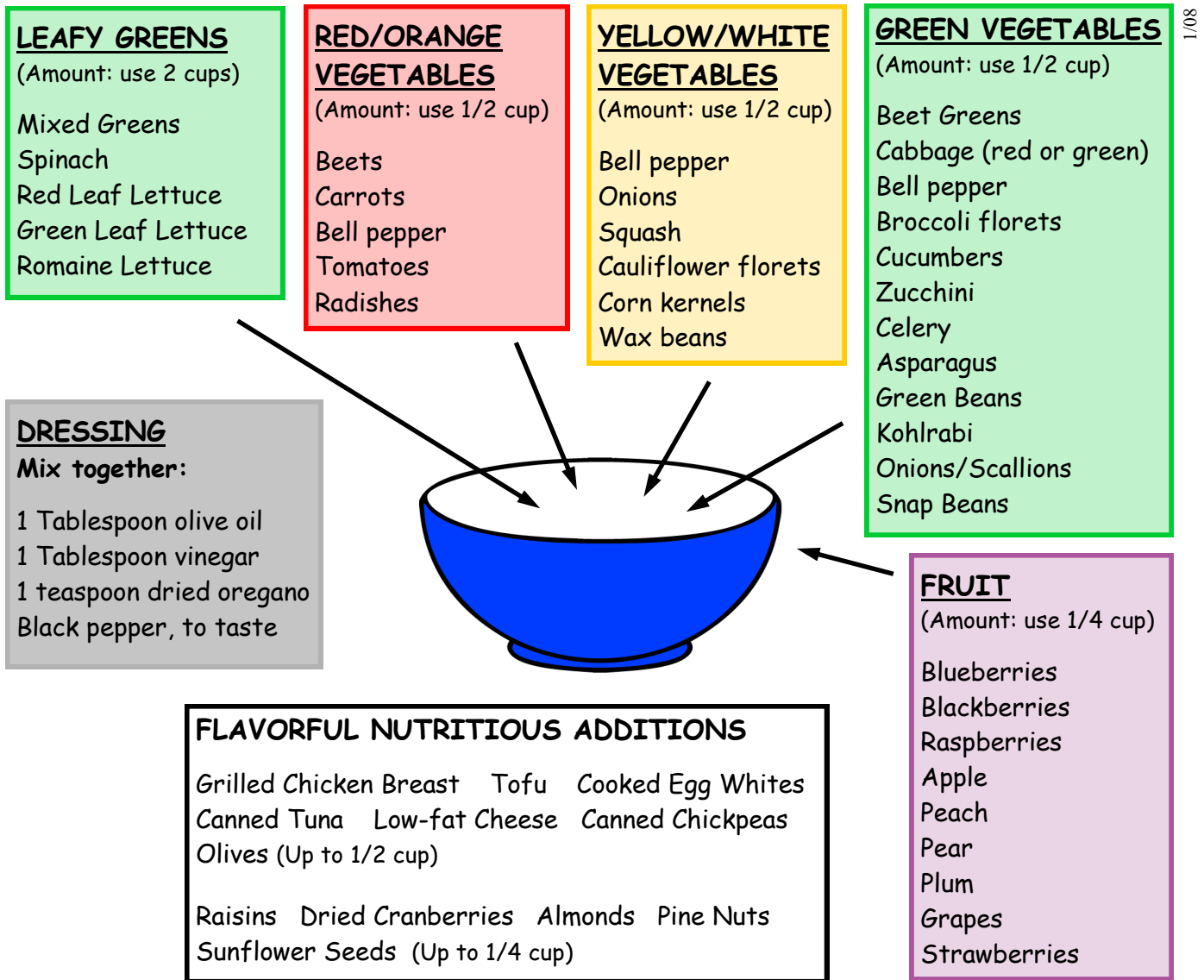


"Rainbow of Vegetables" Tossed Salad with Fruit



- 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.
- 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.

"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

1/801



**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.

"Rainbow of Vegetables" Stir Fry

COOKING OIL
(1 Tablespoon)

Canola oil
Olive oil
or
Vegetable oil

FLAVORING
(1 Tablespoon)

Garlic, minced
or
Ginger, grated

RED/ORANGE VEGETABLES
(Amount: use 1 cup)

Peppers
Carrots
Radish
Beets
Tomatoes

YELLOW/WHITE VEGETABLES
(Amount: use 1 cup)

Peppers
Cauliflower
Corn
Onions
Squash
Beans
Eggplant
Mushrooms

PURPLE VEGETABLES
(Amount: use 1 cup)

Cabbage
Eggplant
Kohlrabi

GREEN VEGETABLES
(Amount: use 1 cup)

Asparagus	Beans
Peppers	Leeks
Broccoli	Scallions
Cabbage	Kohlrabi
Celery	Spinach
Zucchini	Verdolago
Kale	Callaloo
Turnip Greens	Peas
Collard Greens	

FLAVORFUL NUTRITIOUS ADDITIONS

Fruits: Apple Pears Peach Nectarines (Up to 1 cup)

Tofu Olives Beans (Up to 1/2 cup)

Walnuts Almonds Sunflower Seeds (Up to 1/4 cup)


SEASONINGS/HERBS

Fresh herbs (chopped) (1-2 Tablespoons)
Basil Cilantro Oregano Mint Dill

Dried herbs (1/2 to 1 teaspoon)
Thyme Dill Black Pepper Rosemary
Hot Pepper

1. **GET READY!** Choose one or more vegetables from each color group. Vegetables can be fresh, frozen or canned. Cut vegetables into thin slices 1 to 2 inches long.
2. **GET THE PAN HOT!** Heat oil in a large skillet over medium heat. Add garlic or ginger.
3. **ADD VEGETABLES and STIR!** Add harder vegetables first (carrots, cabbage, kale, collards, onions, peppers, others). Cook for 6-8 minutes, stirring while you cook. Add more delicate vegetables (such as tomatoes, spinach, mushrooms, fresh corn). Cook and stir for 3 more minutes.
4. **ADD FLAVOR!** Choose 1 to 2 seasonings/herbs to create different tastes.
5. **STEAM BRIEFLY!** Cover pan, lower the heat, and allow to cook for 2-3 minutes until vegetables are tender, and leafy vegetables are wilted. If the stir-fry is getting dry, add 2 Tablespoons of water (or try 1 Tablespoon of lite or low sodium soy sauce along with the water).
6. **ADD VARIETY!** Choose 1 or more flavorful nutritious additions to create different recipes. Add 1-2 minutes before removing from heat.

Braised "Rainbow of Vegetables" Stew

COOKING OIL (1 Tablespoon) Canola oil Olive oil or Vegetable oil	RED/ORANGE VEGETABLES (Amount: use 1 cup) Potatoes Carrots Peppers Radish Beets	YELLOW/WHITE VEGETABLES (Amount: use 1 cup) Potatoes Corn Peppers Onions Eggplant Squash Cauliflower Beans	PURPLE VEGETABLES (Amount: use 1 cup) Cabbage Eggplant Kohlrabi	GREEN VEGETABLES (Amount: use 1 cup) Peppers Zucchini Broccoli Beans Cabbage Leeks Celery Scallions Kale Kohlrabi Turnip Greens Peas Collard Greens
	FLAVORING (1 Tablespoon) Garlic, minced			
DELICATE VEGETABLES & FLAVORFUL NUTRITIOUS ADDITIONS (Up to 1/2 cup) Mushrooms Tomatoes Spinach Asparagus Verdolago Callaloo Tofu Olives Beans Apple Pears Peaches	BRAISING-STEWING LIQUID (Optional) 1/2 cup cold water 1 Tablespoon flour or cornstarch (Put water in a small container with a tight fitting lid. Add the flour or cornstarch and shake well until liquid has no lumps. Add to your stew while it cooks)		BRAISING-STEWING FLAVOR <u>Fresh herbs</u> (chopped) (1-2 Tablespoons) Basil Cilantro Oregano Mint Dill <u>Dried herbs</u> (1/2 to 1 teaspoon) Thyme Dill Black Pepper Rosemary Hot Pepper	

- 1. GET READY!** Choose one or more vegetables from each color group. Vegetables can be fresh, frozen or canned. Cut vegetables into thick pieces 1 to 2 inches wide and long.
- 2. GET THE POT HOT!** Heat oil in a large skillet over medium heat. Add garlic.
- 3. ADD VEGETABLES and STIR!** Add vegetables. Cook and stir for 3 minutes.
- 4. ADD FLAVOR and STEW!** Choose 1 to 2 seasonings/herbs to create different tastes. Cover pan, lower the heat, and allow to cook for 15 minutes until vegetables are tender. If stew gets too dry, add a little water. If you like your stew with a broth, add the braising-stewing liquid before you cover the pot.
- 5. ADD VARIETY!** Choose 1 or more delicate vegetables or flavorful nutritious additions to create different recipes. Add 1-2 minutes before removing from heat.