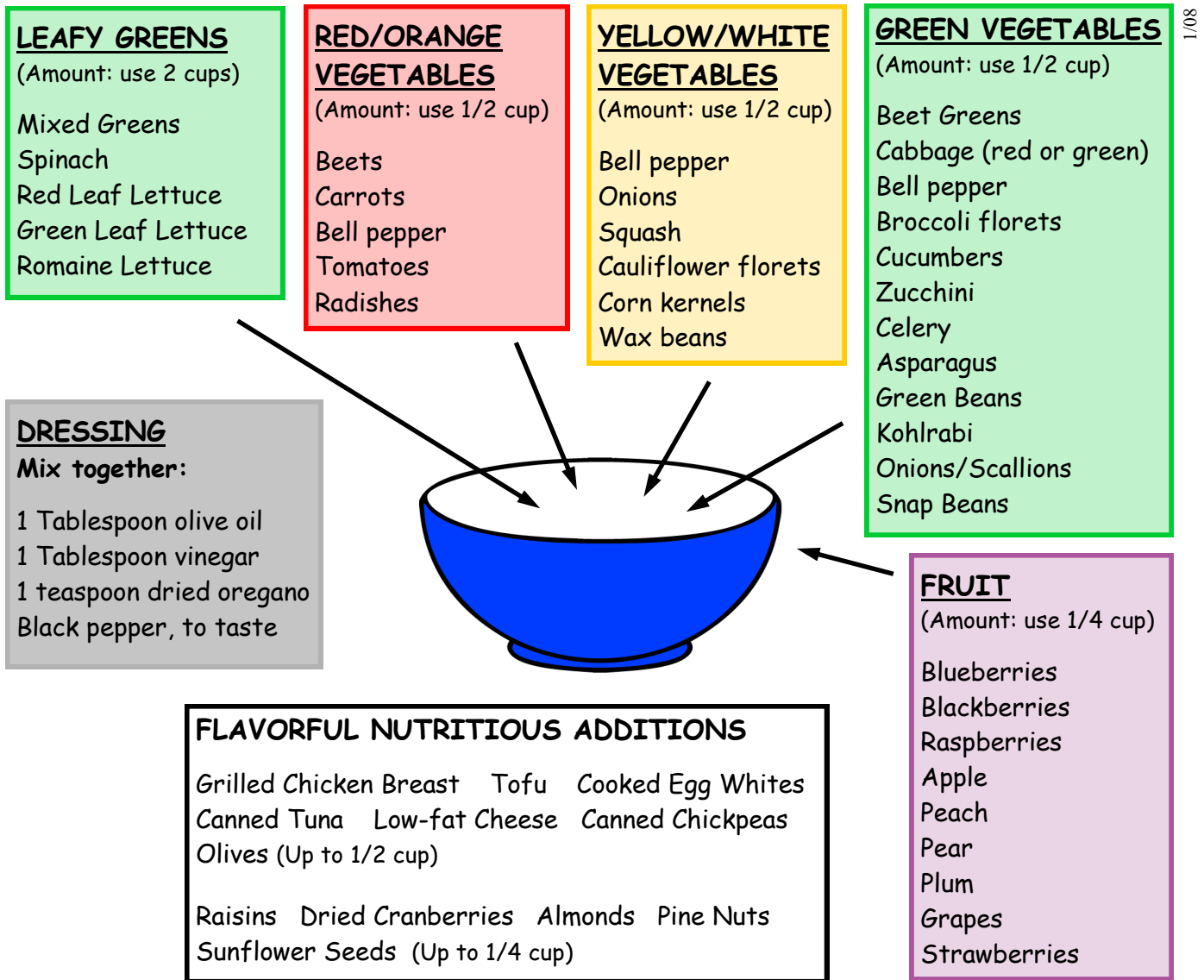


"Rainbow of Vegetables" Tossed Salad with Fruit



- 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.