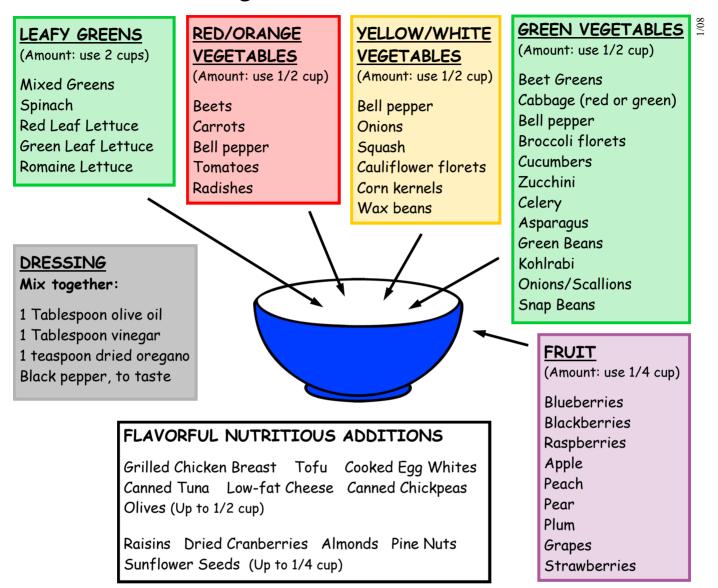
"Rainbow of Vegetables" Tossed Salad with Fruit



- 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.

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