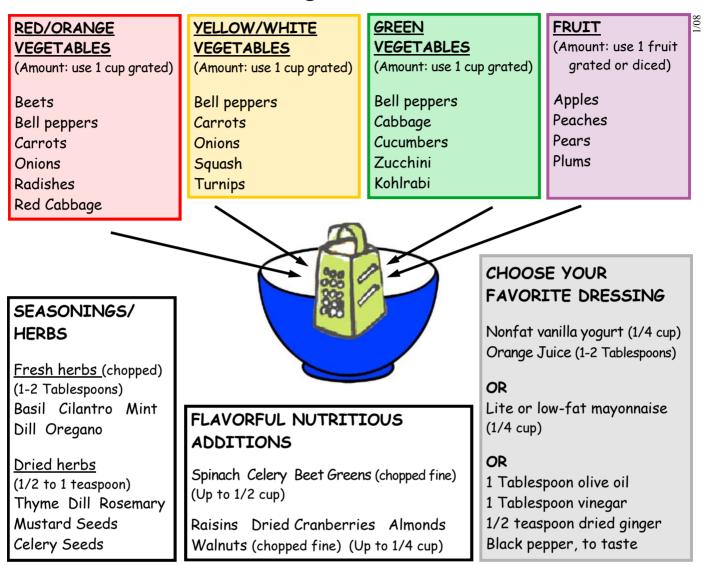
"Rainbow of Vegetables" & Fruit Slaw



- 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.

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