

"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.