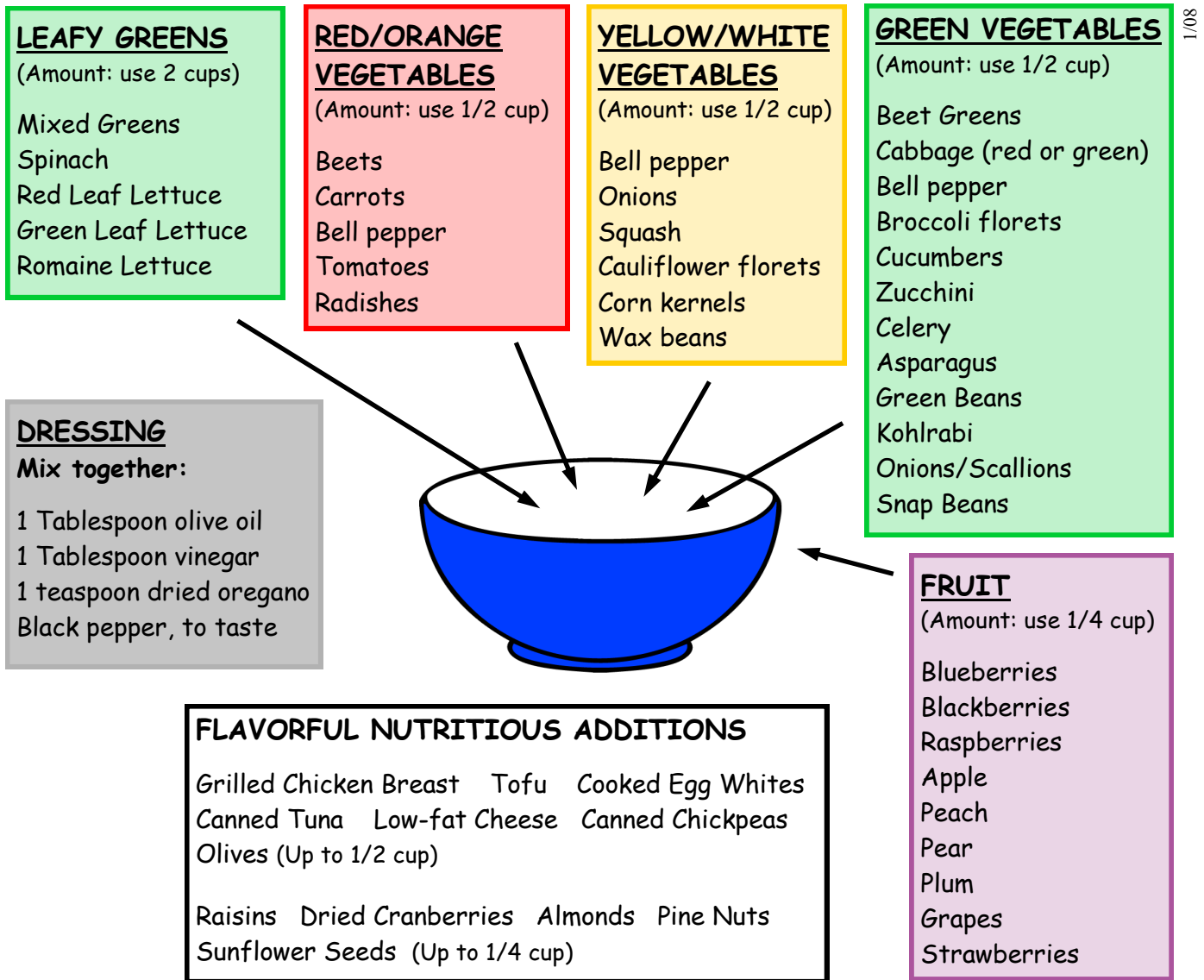


# "Rainbow of Vegetables" Tossed Salad with Fruit



- 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

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**SEASONINGS/  
HERBS**

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

**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

**COOKING OIL**  
(1 Tablespoon)  
Canola oil  
Olive oil  
or  
Vegetable oil


**FLAVORING**  
(1 Tablespoon)  
Garlic, minced  
or  
Ginger, grated

**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

<b>COOKING OIL</b> (1 Tablespoon) Canola oil Olive oil or Vegetable oil	<b>RED/ORANGE VEGETABLES</b> (Amount: use 1 cup) Potatoes Carrots Peppers Radish Beets	<b>YELLOW/WHITE VEGETABLES</b> (Amount: use 1 cup) Potatoes    Corn Peppers    Onions Eggplant    Squash Cauliflower    Beans	<b>PURPLE VEGETABLES</b> (Amount: use 1 cup) Cabbage Eggplant Kohlrabi	<b>GREEN VEGETABLES</b> (Amount: use 1 cup) Peppers            Zucchini Broccoli            Beans Cabbage            Leeks Celery                Scallions Kale                    Kohlrabi Turnip Greens    Peas Collard Greens	
	<b>FLAVORING</b> (1 Tablespoon) Garlic, minced				<b>BRAISING-STEWING LIQUID (Optional)</b> 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)

**DELICATE VEGETABLES & FLAVORFUL NUTRITIOUS ADDITIONS** (Up to 1/2 cup)  
 Mushrooms    Tomatoes    Spinach  
 Asparagus    Verdolago    Callaloo    Tofu  
 Olives    Beans    Apple    Pears    Peaches

- 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.