"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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**FLAVORFUL NUTRITIOUS ADDITIONS**
- Grilled Chicken Breast
- Tofu
- Cooked Egg Whites
- Canned Tuna
- Low-fat Cheese
- Canned Chickpeas
- Olives (Up to 1/2 cup)
- Raisins
- Dried Cranberries
- Almonds
- Pine Nuts
- Sunflower Seeds (Up to 1/4 cup)

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**GREEN VEGETABLES** (Amount: use 1/2 cup)
- Beet Greens
- Cabbage (red or green)
- Bell pepper
- Onions
- Squash
- Broccoli florets
- Cucumbers
- Zucchini
- Celery
- Asparagus
- Green Beans
- Kohlrabi
- Onions/Scallions
- Snap Beans

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**YELLOW/WHITE VEGETABLES** (Amount: use 1/2 cup)
- Bell pepper
- Onions
- Squash
- Cauliflower florets
- Corn kernels
- Wax beans

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**RED/ORANGE VEGETABLES** (Amount: use 1/2 cup)
- Beets
- Carrots
- Bell pepper
- Tomatoes
- Radishes

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**LEAFY GREENS** (Amount: use 2 cups)
- Mixed Greens
- Spinach
- Red Leaf Lettuce
- Green Leaf Lettuce
- Romaine Lettuce

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**DRESSING**
Mix together:
- 1 Tablespoon olive oil
- 1 Tablespoon vinegar
- 1 teaspoon dried oregano
- Black pepper, to taste

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**FRUIT** (Amount: use 1/4 cup)
- Blueberries
- Blackberries
- Raspberries
- Apple
- Peach
- Pear
- Plum
- Grapes
- Strawberries

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“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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CHOOSE YOUR FAVORITE DRESSING

- Nonfat vanilla yogurt (1/4 cup)
- Orange Juice (1-2 Tablespoons)

OR

- Lite or low-fat mayonnaise (1/4 cup)
- 1 Tablespoon olive oil
- 1 Tablespoon vinegar
- 1/2 teaspoon dried ginger
- Black pepper, to taste

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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

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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)

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GREEN VEGETABLES
(Amount: use 1 cup grated)
- Beets
- Bell peppers
- Carrots
- Onions
- Squash
- Turnips
- Kohlrabi

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RED/ORANGE VEGETABLES
(Amount: use 1 cup grated)
- Bell peppers
- Carrots
- Onions
- Radishes
- Red Cabbage

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YELLOW/WHITE VEGETABLES
(Amount: use 1 cup grated)
- Bell peppers
- Carrots
- Onions
- Squash
- Turnips

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FRUIT
(Amount: use 1 fruit grated or diced)
- Apples
- Peaches
- Pears
- Plums

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YELLOW/WHITE VEGETABLES
(Amount: use 1 cup grated)
- Bell peppers
- Carrots
- Onions
- Squash
- Turnips

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GREEN VEGETABLES
(Amount: use 1 cup grated)
- Beets
- Bell peppers
- Cabbage
- Cucumbers
- Zucchini

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FRUIT
(Amount: use 1 fruit grated or diced)
- Apples
- Peaches
- Pears
- Plums
**“Rainbow of Vegetables” Stir Fry**

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

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

**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

**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.

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Braised “Rainbow of Vegetables” Stew

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.

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