

# Eat the Nutrition Rainbow!

The pigments that give fruits and vegetables their bright colors help keep your body healthy!

**Red** for  
your heart

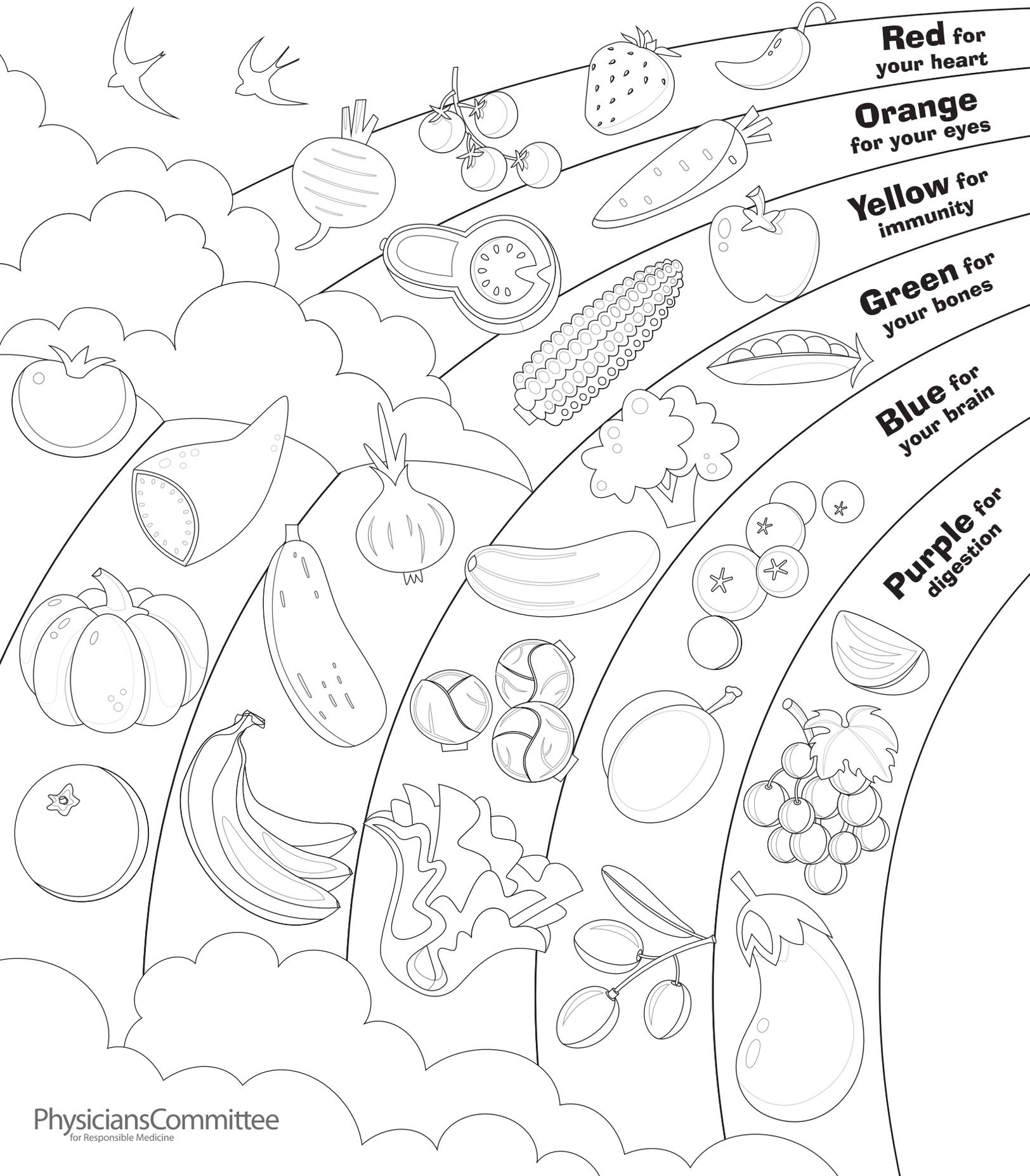
**Orange**  
for your eyes

**Yellow** for  
immunity

**Green** for  
your bones

**Blue** for  
your brain

**Purple** for  
digestion



## Rainbow Salad

Makes 12 1/2-cup servings

- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 2 carrots, grated or julienned
- 2 celery stalks, thinly sliced
- 3 green onions, sliced
- 1 apple, finely chopped or julienned
- 1 tablespoon lemon juice
- 1/2 cup dairy- and egg-free mayonnaise (such as Nayonaise)
- 1/3 cup apple juice concentrate

Combine cabbage, carrots, celery, and green onions in a salad bowl. In a separate bowl, toss apple with lemon juice. Add to salad. Add dairy- and egg-free mayonnaise substitute and apple juice concentrate and mix well. If possible, chill before serving.

Source: *Healthy Eating for Life for Children* by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.

## Roasted Sweet Potato Wedges

Makes 4 servings

- 2 medium sweet potatoes, cut into wedges
- 1/8 teaspoon cinnamon
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon ground cumin
- 1/8 teaspoon black pepper
- 1/4 teaspoon garlic powder
- vegetable oil spray

Combine sweet potatoes, cinnamon, salt, cumin, black pepper, and garlic powder in a plastic bag. Seal and shake. Place sweet potatoes on a baking sheet (do not overlap) coated with vegetable oil spray. Bake at 400F for 20 minutes or until very tender, flipping potatoes once during cooking.

Source: Brie Turner-McGrievy, M.S., R.D.

## Grilled Mushroom Steaks

Makes 4 servings

- 4 large portobello mushrooms
- 1/2 cup balsamic vinegar

Clean mushrooms well and leave whole. Place vinegar or other sauce in a small bowl. Brush mushrooms with this sauce on both sides and grill over medium coals for about 10 minutes on each side. Brush with more sauce while grilling. Serve at once alone or on buns with lettuce, tomatoes, onions, ketchup, and mustard.

Source: Mary McDougall of the McDougall Program [www.drmcDougall.com](http://www.drmcDougall.com)

## Mediterranean Veggie Panini

Makes 1 panini

- 2 slices rye or sprouted-grain bread, such as Ezekiel bread
- 2 tablespoons fat-free Italian vinaigrette dressing
- 2 jarred roasted red peppers, rinsed and patted dry
- 1 cup tender kale leaves or other greens
- 2 small, firm ripe tomatoes, sliced (fresh roma tomatoes are best because they are not overly juicy)
- 1/2 cup sliced marinated artichoke hearts, rinsed, drained, and patted dry

Moisten each bread slice on 1 side with 1 tablespoon dressing and assemble the sandwich with the rest of the ingredients the way you like it, being careful not to overfill.

The easiest way to make panini is with an electric nonstick panini press or closed indoor grill. Cook for 5 minutes, then check the bread. If it is not as golden and crisp as you like, cook for a few minutes longer. Cut the sandwich into triangles and serve hot.

If you do not have a panini press or grill, cook the sandwich in a heavy nonstick skillet or on a griddle over medium heat, placing a flat heavy lid on the sandwich as you brown each side.

Source: *Dr. Neal Barnard's Program for Reversing Diabetes* by Neal D. Barnard, M.D.; recipe by Bryanna Clark Grogan

## Pita Pizzas

Makes 6 pizzas

- 1 15-ounce can tomato sauce
- 1 6-ounce can tomato paste
- 1 teaspoon garlic granules or powder
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 6 pieces whole-wheat pita bread
- 2 green onions, thinly sliced
- 1 red bell pepper, seeded and chopped
- 1 cup chopped mushrooms

Combine tomato sauce, tomato paste, garlic, basil, oregano, and thyme.

Turn a piece of pita bread upside down and spread with 2 to 3 tablespoons of sauce. Top with green onions, bell pepper, and mushrooms. Repeat with remaining pita breads. Arrange on a baking sheet and bake at 350F until edges are lightly browned, about 10 minutes.

Note: You will only use about half the sauce. Refrigerate or freeze the remainder for use at another time.

Source: *Healthy Eating for Life for Children* by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.

## Broccoli Burritos

Makes 6 burritos

- 2 to 3 broccoli stalks
- 1 15-ounce can garbanzo beans
- 1/2 cup roasted red peppers
- 2 tablespoons tahini
- 3 tablespoons lemon juice
- 6 flour tortillas
- 6 tablespoons salsa, or more to taste

Cut or break broccoli into florets. Peel stalks and cut into 1/2-inch rounds. Steam over boiling water until just barely tender, about 5 minutes.

Drain garbanzo beans and place in a food processor with peppers, tahini, and lemon juice. Process until completely smooth, about 2 minutes. Spread about 1/4 cup of the garbanzo mixture on a tortilla and place in a large heated skillet. Heat until tortilla is warm and soft, about 2 minutes. Arrange a line of cooked broccoli down the center, then sprinkle with salsa. Roll tortilla around filling. Repeat with remaining tortillas.

Source: *Healthy Eating for Life to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.