



Rainbow Salad

Ingredients:

Red: radish, strawberries, tomatoes, red grapes, red apples

Orange: carrots, oranges, orange pepper, peaches, apricots

Yellow: yellow beans, corn, peppers, yellow apples, squash

Green: leaf lettuce, broccoli, spinach, arugula, kale, chard

Blue/Purple: raisins, purple cabbage, blueberries, grapes

Brown/White/Tan: jicama, cauliflower, potatoes, onions

Directions:

Choose a variety of different colored vegetables and fruit. Make sure you have all the colors of the rainbow in your salad!!

Chop all fruits and vegetables into bite size pieces and toss with your favorite vinaigrette!

Chefs Choice: Toss in some freshly cooked garbanzo beans to add a boost of protein!!