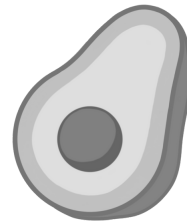
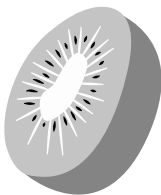


# Eating the Rainbow

- The different colors of fruits and vegetables provide different benefits to support human health.
- An eating pattern that has fruits and vegetables of all colors provides needed vitamins, minerals, antioxidants, and fiber.
- Antioxidants are important for the body to stop cell damage which plays a role in many common diseases, including heart disease and cancer.
- Helpful Tips for Eating the Rainbow:
  - Introduce a variety of fruits and vegetables early in life.
  - Try new recipes that contain new fruits and vegetables.
  - Add a rainbow of produce to your next shopping list.



## Why eat green?



NC SNAP-ED

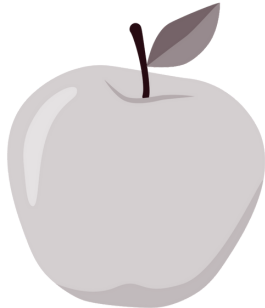
- The green color of fruits and vegetables comes from chlorophyll. This functions as an antioxidant to fight off disease.

**\*Dark green, leafy greens have the highest concentration of fiber and antioxidants!\***

- Green produce is high in vitamin K, potassium, and fiber. These are important for bone, nail, and tooth strength, proper blood clotting, vision, digestion, and the immune system - lots of reasons to eat green fruits and vegetables!
- Try adding some of these fruits and vegetables to your meal plan this week!

**Check out the recipes below for some new ideas and head back to [carolinahungerinitiative.org](http://carolinahungerinitiative.org) for an activity page!**

# Northwest Apple Salad



**Prep Time: 10 min**

**Cook Time: 5 min**

**Servings: 4**

## Ingredients

- 2 medium Granny Smith (green) apples
- 2 tbsp dried fruit - raisins, dried cranberries, or dried currants
- 3 tbsp plain low-fat yogurt
- 1 tbsp whole, shelled walnuts
- 1 tbsp honey - optional

## **TIP**

To save time,  
you can use  
pre-chopped  
walnuts.

## Directions

1. Rinse and remove cores from apples. Do not peel. Cut into 1-inch pieces. Place in medium bowl.
2. Add dried fruit and yogurt to the bowl. Mix well.
3. In a small skillet over medium heat, toast nuts until golden brown and fragrant. Watch closely so they do not burn. Remove from pan and let cool.
4. Chop cooled nuts with a knife. Or, put in plastic bag and crush with a can.
5. Add crushed nuts to bowl. If using, add honey.
6. Toss and serve.

Recipe adapted from:

<https://cookingmatters.org/recipes/northwest-apple-salad/>

# English Muffin Breakfast Sandwich

Prep Time: 20 min

Cook Time: 5 min

Servings: 2

## Ingredients

- 1 small tomato
- 2 cups fresh spinach
- 2 whole wheat English muffins (or 4 slices whole wheat bread)
- 1 tsp canola or olive oil
- 2 large eggs
- Pinch salt
- 1 small avocado - optional

## **TIP**

Add 1 slice of cooked turkey bacon to the sandwich for more protein.

## Directions

1. Rinse and slice tomato into 4 slices. Rinse spinach. If using avocado, peel, remove pit, and slice.
2. Split each muffin in half - toast in toaster or oven set to broil if you prefer.
3. Heat oil in a medium skillet over medium heat.
4. Gently break eggs into skillet. Be careful not to break yolk. Cook about 1 minute. Carefully flip each egg over with rubber spatula. Cook until yolk is slightly firm, about 1-2 minutes. Top each muffin bottom with cooked egg.
5. Add spinach to skillet with a splash of water and pinch of salt. Cover and cook until wilted, about 3 minutes.
6. Top the egg with tomato and spinach (and avocado slices if you are using avocado). Cover with the muffin tops to make a sandwich.

Recipe adapted from:

<https://cookingmatters.org/recipes/english-muffin-breakfast-sandwich/>