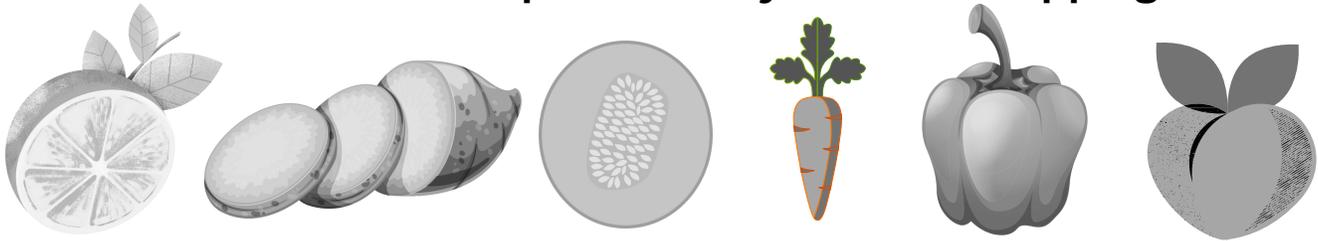


# Eating the Rainbow

- 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.



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## Why eat orange?



NC SNAP-ED

- Orange fruits and vegetables are high in vitamin C which is important for a strong immune system and wound healing.
- The orange color is from carotenoids. These substances prevent cell damage and help protect the eyes.
- An example of a carotenoid is beta-carotene, which helps the body produce vitamin A.
- 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!

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# Fresh Orange Smoothie



**Prep Time: 5 min**  
**No cooking required**  
**Servings: 1**

## Ingredients

- **1 orange, peeled**
- **1/2 banana (Save the other half to make another one or freeze it for another day!)**
- **1 cup frozen fruit pieces**
- **1/2 cup milk (your choice: cow milk, almond, oat, soy, etc.)**
- **1/4 tsp vanilla extract - optional**

## Directions

- 1. Place all of the ingredients in a blender and blend until smooth.**
- 2. Enjoy right away.**

### **TIP**

Switch up the types of frozen fruit you use.

# Sheet Pan Roasted Chicken, Sweet Potatoes, and Veggies



**Prep Time: 10 min**

**Cook Time: 30 min**

**Servings: 4**

You can use any spice blend you have! Or try mixing a couple of spices together (paprika, salt, pepper, garlic powder).

## Ingredients

- 4 medium chicken breasts (pounded thin)
- 2 tbsp Cajun or taco seasoning
- 2-3 cloves of garlic, minced (fresh or jarred, or 1/2-3/4 tsp garlic powder)
- 1 tbsp lemon or lime juice (fresh or bottled)
- 4 cups sweet potatoes, diced (about 1 pound of sweet potatoes)
- 4 cups of vegetable of choice
- 3 1/2 tbsp olive oil
- Salt and pepper to taste

Some ideas are broccoli, zucchini, peppers, or squash.

## Directions

1. Preheat oven to 425F. Line a baking sheet with foil or parchment paper and set aside.
2. Place diced sweet potatoes on a baking sheet, drizzle with a light layer of olive oil (about 1 tbsp), and salt and pepper. Bake for 15 minutes.
3. While the sweet potatoes are baking, combine the chicken, seasoning, garlic, olive oil (about 1 1/2 tbsp), and lemon/lime juice in a large mixing bowl. Mix until the chicken is fully coated with spices.
4. Remove the sweet potatoes from the oven and add chicken and veggies to the same pan (keep sweet potatoes on the pan). You can use two pans if needed. Drizzle broccoli with a light layer of olive oil (about 1 tbsp) and salt and pepper.
5. Return the sheet pan to the oven and bake another 15 minutes or until chicken is cooked through. Optional: turn on the broiler to high and broil for 2-3 minutes until chicken is golden.

If you are going to use the broiler, cover your pans in foil instead of parchment paper.

Recipe adapted from:

<https://gimmedelicious.com/chicken-broccoli-sweet-potatoes-meal-prep/>