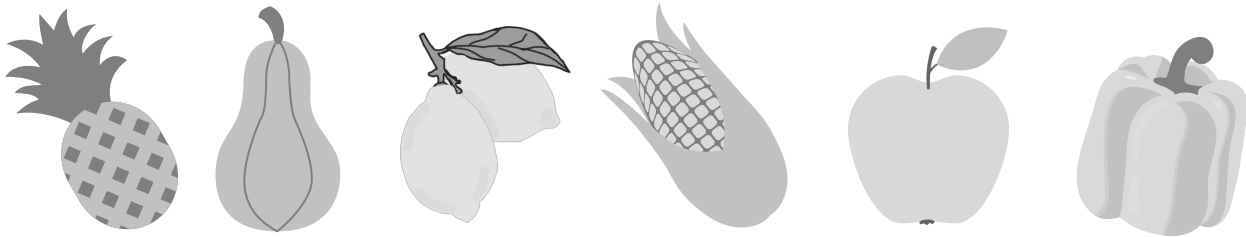


Eating the Rainbow

- 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 yellow? NC SNAP-ED

- These fruits and vegetables contain beta-carotene (just like orange produce) which gives them their yellow color. Beta-carotene helps make vitamin A, which is good for the skin.
- Yellow fruits and vegetables are also good sources of potassium, vitamin C, and fiber. These help to keep the immune system strong and the digestive system healthy.
- 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 for an activity page!

Fresh Fruit with Warm Honey Yogurt Topping



Prep Time: 15 min
Cook Time: 1 min
Servings: 4



Ingredients

- 4 cups fresh fruit in any combination (pineapple, apple, berries, melon, etc.) - make sure to include yellow fruits!
- Zest of 1 lemon - save the juice for another recipe
- 1 cup nonfat vanilla yogurt
- 2 tbsp honey

Directions

1. Wash and cut fruits. Rinse and zest lemon using the small holes on a box grater or lemon zester.
2. Divide fruit evenly among 4 bowls.
3. Combine yogurt, honey and lemon zest in microwave-safe bowl. Microwave for 1 minute. Stir well.
4. Drizzle honey yogurt topping over fruit and serve.

TIP

You can also use frozen fruit, just make sure to fully thaw and drain off liquid.

TIP

Try adding dried fruit, nuts, or granola to the top.

Southwestern Bean and Corn Salad



Prep Time: 30 min
No cooking required.
Servings: 10

Ingredients

- 1 medium bell pepper
- 1 small red onion
- 2 (15.5 oz) cans black-eyed peas or black beans
- 1 (15.25 oz) can corn kernels
- 3 tbsp canola oil or olive oil
- 2 tbsp vinegar
- 1 tsp cumin
- 1/4 tsp salt
- 1/2 tsp ground black pepper
- 1/4 cup cilantro - optional

**Any color
will do!**

TIP

Serve this with taco meat and brown rice for added protein and whole grains.

Directions

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
3. In a colander, drain and rinse black-eyed peas or black beans and corn.
4. Mix everything together in one bowl. Enjoy!

Recipe adapted from:

<https://cookingmatters.org/recipes/southwestern-black-eyed-pea-and-corn-salad/>