

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

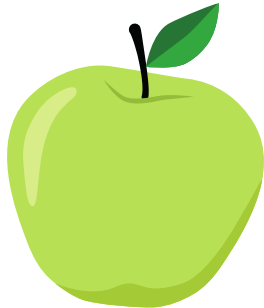
- The green color of fruits and vegetables comes from chlorophyll. This functions as an antioxidant to fight off disease.

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 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.

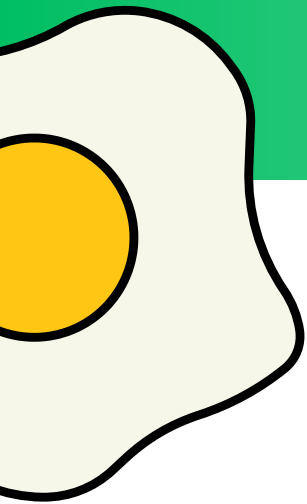
Directions

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/>