

# 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 white and tan?



- White and tan vegetables provide lots of needed vitamins and minerals to the body. These create a strong immune system and help to fight off disease.
- They contain fiber which helps with digestive health, lowering blood cholesterol, and lowering blood pressure.
- White and tan vegetables also contain potassium which helps keep your heart 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](http://carolinahungerinitiative.org) for an activity page!

# Peanut Butter and Banana Pockets

**Prep Time: 15 min**

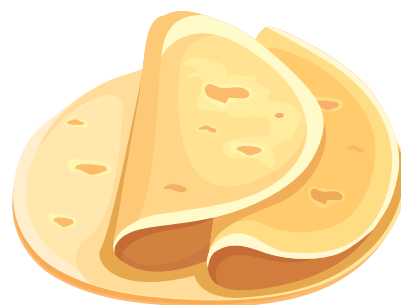
**Cook Time: 15 min**

**Servings: 4**



## Ingredients

- 3 ripe bananas
- 3 tbsp peanut butter
- 1 1/2 tsp honey (or maple syrup)
- 1/4 tsp ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray



## Directions

1. Peel and slice bananas about 1/4-inch thick.
2. In a small bowl, stir together peanut butter, honey (or maple syrup), and cinnamon.
3. Lay tortillas flat. Spread about 1 tbsp of the peanut butter mixture on one-half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over the peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown.

Recipe adapted from:

<https://cookingmatters.org/recipes/peanut-butter-and-banana-pockets/>

# Oven Roasted Cauliflower

**Prep Time: 10 min**

**Cook Time: 20 min**

**Servings: 6**

## Ingredients

- 1 cauliflower head, cut into florets
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp paprika
- 1/4 tsp black pepper

## **TIP**

Try putting different seasoning blends on the cauliflower and using it as a side dish for your next meal.

## Directions

1. Preheat oven to 425F and line a baking sheet with foil.
2. Slice the head of cauliflower into small florets (approximately bite-sized).
3. Add the cauliflower to the center of the baking sheet. Drizzle with oil and toss to combine.
4. In a small bowl, combine garlic powder, salt, paprika, and pepper for the seasoning. Sprinkle onto cauliflower and toss to evenly coat.
5. Spread the cauliflower evenly on the baking sheet and bake at 425F for 15-20 minutes, or until cauliflower is as crispy as you'd like.