

EAT A RAINBOW FOR A HEALTHY SMILE!

RAINBOW VEGGIE PINWHEELS

by Kelly Egan - A Side of Sweet

Ingredients (yields 36 pinwheels):

3 12-inch spinach tortilla wraps
10-ounce container of La Terra Fina Sriracha Three Cheese Dip & Spread
1 red pepper, cored and thinly sliced
1 yellow pepper, cored and thinly sliced
12 baby carrots, thinly sliced
¼ red cabbage, thinly sliced
1 cup fresh spinach



Directions:

1. Divide the dip evenly into three parts and spread a thin layer on one side of each tortilla.
2. Arrange the prepared veggies in rows on the tortilla.
3. Starting at one side, roll the tortilla up over the veggies, pressing it together tightly.
4. Slice the tortilla into 1-inch slices crosswise.

RAINBOW QUINOA SALAD WITH TAHINI GINGER DRESSING

by Amrita at Crazy Vegan Kitchen

Ingredients (serves 4):

1 cup Quinoa, rinsed
2 cups Water
½ teaspoon Pink Himalayan Sea Salt
1 cup Red Cabbage, shredded
1 cup Corn Kernal, cooked
1 Red Pepper, diced
1 Carrot, diced
1 bunch Baby Broccoli, de-stemmed



FOR DRESSING

2 tablespoons Sesame Oil
1½ tablespoons Tahini
3 tablespoons Rice Vinegar
2 teaspoons Coconut Sugar
1 tablespoon freshly minced Ginger
½ cup Vegetable Broth
¼ teaspoon Pink Himalayan Sea Salt

Directions:

1. In a small pot, combine quinoa, salt and water. Bring to a boil, turn down to a simmer and cover. Let cook for 15 minutes.
2. Meanwhile, lightly steam carrot and broccoli - make sure they still remain slightly crunchy.
3. Once quinoa is cooked, transfer to a large mixing bowl and add in Red Cabbage, Corn, Red Pepper, Carrot and Broccoli. Toss to combine.
4. In a small bowl, whisk dressing ingredients together.
5. Pour dressing into quinoa a little at a time, and toss with each addition. Do this until all the dressing has been used.

RAINBOW PIZZAS by Elizabeth Stark

Ingredients (makes 2, 12" pizzas):

2/3 cup thinly sliced purple cabbage
Sea salt
1 cup broccoli florets
1 small red beet, peeled, trimmed, & cut into paper thin slices
1 tablespoon plus 1/2 teaspoon extra virgin olive oil, divided
1 pizza dough (your favorite store-bought variety)
1 cup pizza sauce, warmed
1 cup shredded mozzarella cheese
1 medium yellow pepper, stemmed, seeded, & cut into thin strips
1 medium orange pepper, stemmed, seeded, & cut into thin strips
1 medium red pepper, stemmed, seeded, & cut into thin strips



Directions:

1. Position rack in the very top of oven and turn heat to 500 F.
2. In a small bowl, toss cabbage with a pinch of sea salt and set aside.
3. Bring a small pot of salted water to a boil. Blanche broccoli florets for 2 minutes. Remove broccoli from water with a slotted spoon and set in a small bowl. Next, blanche beet slices for 2 minutes. Remove from water with a slotted spoon and set in a small bowl; toss beets with 1/2 teaspoon olive oil.
4. To assemble pizzas, pull, stretch, and press dough into a 12-inch round circle. Brush crust with remaining olive oil. Spread 1/2 cup pizza sauce in center of pizza and sprinkle with 1/2 cup mozzarella.
5. To make rainbow design, start by arranging beets in a circle in center. Next, create a thin circle of cabbage, followed by broccoli, yellow peppers, orange peppers, & finally, red peppers.
6. Slide into oven and bake 10-15 minutes, or until crust is a light golden brown and cheese is bubbling. Cool 5 minutes, slice, and serve.
7. Repeat for second pizza.

SPIRALIZED VEGGIE SALAD

by Jenn Laughlin Peas And Crayons

Ingredients (serves 1):

2 broccoli stalks
1-2 jumbo carrots
1 medium beet
¼ cucumber
your favorite nuts
your favorite seeds
your favorite salad dressing



Directions:

1. Wash and peel your carrots, beet, and cucumber.
2. Remove the tops from your broccoli if you haven't already used them, and set aside for snacking or stirring into your favorite dish.
3. Since thicker vegetables make the best spirals, remove the thin ends of the carrot as well as a sliver of the carrot top, to make a flat base on both ends. You'll only want the thickest part of the carrot, so save the tip for grating into muffins or for snacking.
4. Break out the spiral slicer and spiralize all four veggies, using the thinnest setting.
5. Pile into a bowl and top with chopped nuts and seeds along with your favorite dressing.

RAINBOW VEGETARIAN PAD THAI

by Pinch of Yum

Ingredients (serves 4):

FOR THE PAD THAI

4 ounces brown rice noodles
1 zucchini
1 red pepper
half a yellow onion
2 carrots
2 tablespoons oil
1 egg, beaten
1/2 cup peanuts, chopped
1/2 cup fresh herbs like cilantro, green onions,
and basil, chopped

FOR THE SAUCE

3 tablespoons fish sauce
3 tablespoons brown sugar
3 tablespoons chicken or vegetable broth
2 tablespoons white vinegar
1 tablespoon soy sauce
1 teaspoon chili paste

Directions:

1. Soak uncooked noodles in a bowl of cold water.
2. Spiralize the zucchini, red pepper, carrot and onion into noodle-like shapes.
3. Shake up the sauce ingredients in a jar.
4. Heat a tablespoon of oil over medium high heat. Add the veggies – stir fry with tongs for 2-3 minutes or until tender-crisp. Be careful not to overcook them – they'll get soggy and heavy. Transfer to a dish and set aside.
5. Add another tablespoon of oil to the pan. Drain the noodles – they should be softened by now. Add the noodles to the hot pan and stir fry for a minute, using tongs to toss. Add the sauce and stir fry for another minute or two, until the sauce is starting to thicken and stick to the noodles. Push the noodles aside to make a little room for the egg – pour the beaten egg into the pan and let it sit for 30 seconds or so. Toss everything around with the tongs. The egg mixture will stick to the noodles and everything will start getting sticky.
6. Add in the vegetables, toss together, and remove from heat. Stir in the peanuts and herbs and serve immediately.



HONEY MUSTARD SALMON AND RAINBOW VEGGIES

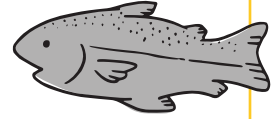
by Cooking Classy

Ingredients (serves 3):

1 medium yellow squash, sliced into 1/2-inch thick rounds
2 1/2 cups bite size broccoli florets
1/2 medium red onion, diced into 1 inch chunks
2 Tbsp olive oil, divided
Salt and freshly ground black pepper
1 Tbsp dijon mustard
1 Tbsp honey
3 garlic cloves, minced, divided
2 tsp fresh lemon juice
3 (5 - 6 oz) skinless salmon fillets
1 cup grape tomatoes
4 lemon wedges, for serving

Directions:

1. Preheat oven to 400 degrees. Line a rimmed 18 by 13-inch baking sheet with parchment. Place squash on baking sheet on upper third portion of baking sheet then place broccoli in the middle portion and red onion on bottom portion. Drizzle veggies with 4 tsp olive oil, season with salt and pepper and toss while keeping veggies separated in each section. Roast in preheated oven 8 minutes. Meanwhile in small bowl stir together mustard, honey, 1 tsp of the olive oil, 1 minced clove garlic and lemon juice, set aside.
2. Remove baking sheet from oven. Move veggies down a little ways to fit tomato layer and salmon. Place salmon on baking sheet next to squash layer (bottom side facing up), brush of salmon fillets with half of the mustard mixture and season with a fair amount of salt and pepper, then flip each portion and brush tops with remaining mustard mixture and season with salt and pepper. Place tomatoes on on the top portion of the baking sheet, drizzle with last 1 tsp olive oil and season with salt and pepper. Sprinkle remaining 2 cloves garlic evenly over the vegetables and tomatoes. Return to oven and roast until salmon has cooked through and vegetables have softened, about 12 - 15 minutes longer. Serve immediately with lemon wedges for spritzing over salmon and vegetables.



CHOCOLATEY STRAWBERRY SMOOTHIE

by Danielle Shea Tan

Ingredients (serves 1):

4 frozen strawberries
2 TBS chocolate hazelnut butter
1 C coconut milk (unsweetened)
1/2 C frozen chopped spinach
1 tsp organic raw honey
1 C filtered water

Directions:

1. Put all ingredients in a blender. Blend until smooth.
2. If you prefer a thinner smoothie, add more water (1/4 C at a time) and blend again.



RAINBOW SALSA

by Gimme Some Oven

Ingredients (yields 10-12 servings):

3 roma tomatoes, cored and diced
1-2 jalapeno peppers, stems removed, seeded and diced
1 large red bell pepper, cored and diced
1 large orange bell pepper, cored and diced
1 large yellow bell pepper, cored and diced
1 (15-ounce) can black beans, drained and rinsed
1 (15-ounce) can whole kernel corn, drained
1 cup chopped fresh cilantro, loosely-packed
2/3 cup chopped red onion (about half of a small red onion)
2 tablespoons freshly-squeezed lime juice (about 1 large lime)
1/2 teaspoon garlic powder
1/2 teaspoon ground cumin
1/2 teaspoon salt
Tortilla chips

Directions:

1. Combine the tomatoes, jalapeno, bell peppers, black beans, corn, cilantro and red onion in a large bowl.
2. In a separate bowl, whisk together the lime juice, garlic powder, cumin and salt until combined. Add the juice to the bowl of salsa. Then toss everything until combined.



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