

EAT BY COLOR

Eat a colorful variety of fruits and vegetables. By eating a variety of colorful fruits and vegetables green, yellow-orange, red, blue-purple, and white, you are giving your body a wide range of nutrients that are important for good health.

Bookworm Apple Bark

Preparation Time: 10 minutes

- 1 Granny Smith Apple
- 1 Tablespoon peanut butter
- 2 ½ tablespoon golden or black raisins
- 1 ½ tablespoons dried sweetened cranberries
- 1 small bunch of fresh chives or fresh parsley
(optional plate garnish)



Cut apple into four quarters, starting at the stem. Remove the core by cutting away to leave a flat surface on the apple quarter. Be careful not to cut too much of the edible portion of the apple away. Drop and slightly spread the peanut butter on apple quarters. Mix together the raisins and dried cranberries then sprinkle on peanut butter. Cut chives into one inch pieces and garnish.

~Produce for Better Health Foundation

Serves: 1

1 cup of fruit per serving

Fruit and/or Veggies Colors: Purple, Green, Red

Each serving provides: An excellent source of fiber and a good source of vitamin C



Technicolor Vegetable Pizzas

Preparation Time: 20 minutes

- 3 cups frozen mixed vegetables with mushrooms
- 5 slices Italian bread (1oz. slices; each~ 1" thick and 5" long)
- 1 tablespoon olive oil
- ½ cup prepared pizza sauce
- 1 cup finely chopped tomato
- 1 tablespoon dried oregano leaves
- 1 teaspoon garlic powder
- 2 ½ tablespoons grated Parmesan cheese



Pre-heat oven to 350° F and place oven rack in middle-high position.

Microwave frozen vegetable, then pat dry. Brush all bread lightly with oil and spread each with 1 ½ tablespoons sauce. Combine all vegetables in a medium-sized bowl. Carefully spoon vegetable mixture equally onto bread slices. Sprinkle with oregano and garlic powder and then with cheese. Bake about 5-7 minutes, until bread is brown on the edges and all vegetables are piping hot. Serve immediately.

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Serves: 5

1 cup of vegetables per serving

Fruit and/or Veggies Colors: Green, White, Yellow, Orange, Red

Each serving provides: An excellent source of vitamin A and a good source of vitamin C, folate and fiber.

