

RAINBOW SALAD

This is a fun salad to make as a family or group. Using as many colors of the rainbow as you can create your own unique Rainbow Salad. You can use the same color multiple times. Go through a farmers market or the produce section of your favorite market and see if there is a salad item that you haven't tried. Let's see how creative you can be.

Here's a few ideas to get you started:

RED - TOMATOS , RADISHES, STRAWBERRIES,
RED BELL PEPPERS, BEETS

PURPLE - EGGPLANT, PURPLE CARROTS , PURPLE
RADISHES, CABBAGE

GREEN - LETTUCE, KALE, SPINACH, PARSLEY,
GREEN ONIONS, STRING BEANS

YELLOW - CORN, LEMONS, YELLOW BELL
PEPPERS, INDIAN CRESS, SUMMER SQUASH

ORANGE - CARROTS, GOLDEN BEETS, SWEET
POTATOES, BUTTERNUT SQUASH

