

RainBow Sandwich



Naturally colorful foods are so good for you, and different colors are associated with different nutrients. Eating the full spectrum, like in this fabulous sandwich, is a great way to balance your diet—beautifully!



"Peppers are an excellent source of vitamin A and C, which help keep your eyes, teeth and skin healthy. Peppers make a tasty, crunchy snack and a healthy addition to many dishes."

Deval Patrick

Governor of Massachusetts

WASH your hands with soap and water and dry them.

CLEAN the counter top.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Measuring spoons Medium-sized bowl Fork Butter knife Sharp knife (adult

Cutting board Grater (adult needed)

needed)

INGREDIENTS

2 teaspoons olive oil

1 teaspoon vinegar

A pinch of salt (A "pinch" is the small amount you can pinch between your finger and thumb.)

■ ADULT: YES ■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 15 MINUTES ■ MAKES: 1 SANDWICH

1 cup sliced or shredded vegetables. Select from the following:

Red: red bell peppers, tomatoes, radishes

Orange: orange bell peppers, shredded carrots

Yellow: yellow bell peppers

Green: green bell peppers, spinach, fresh herbs, scallions

Purple: shredded red cabbage

2 slices whole-wheat or multigrain bread

1 teaspoons mustard

2 slices cheddar cheese

INSTRUCTIONS

- Put the olive oil, vinegar, and salt in the bowl and stir it together with the fork.
- 2. Add the vegetables to the bowl and stir gently.
- Use the butter knife to spread each slice of bread with ½ teaspoon of mustard.
- 4. Put the cheese on the bottom slice of bread, then add the veggies, pulling them out of the bowl one color at a time. Top with the second slice of bread and eat right away.



Get an adult's permission, and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

PIP YOU RNOW? PERS

COME IN DIFFERENT COLORS.
THE RIPE ONES ARE RED, ORANGE, OR YELLOW,
AND THEY'RE SWEETER THAN THE UNRIPE GREEN ONES.
PLUS, THEY HAVE MORE NUTRIENTS.



By the numbers:

1 large red bell pepper contains **209** milligrams of vitamin C, which is **3** times the amount in an average orange.

Peppers are native to Mexico, as well as Central and South America. Pepper seeds were imported to Spain in **1493**, and from there spread to other countries.

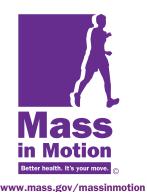
The largest recorded pepper was grown in Israel and weighed over **16** ounces. The pepper was nicknamed "Godzilla."



Lynn and Peter Reading own Billingsgate Farm.

Billingsgate Farm in

Plympton, MA is a working vegetable, fruit, and fresh-cut flower farm on over 75 lush acres. The farm is GAP-certified (Good Agricultural Practices), Baystate Organic certified, and the second farm in the state of Massachusetts to be Commonwealth Quality Certified. Healthy food from a healthy farm!



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