

# 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

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



**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 needed)  
Cutting board  
Grater (adult 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.)  
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

1. 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.
3. Use the butter knife to spread each slice of bread with  $\frac{1}{2}$  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.

## Safety Tip

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

DID  
YOU  
KNOW?

# PEPPERS

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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