



Highlighting - The Rainbow of Vegetables and Fruits

Garden Fresh Taco Bowl

What a delicious way to enjoy a Rainbow of Nutrition!

Lime Dressing Veggies:

1/4 cup (each) fresh lime juice; olive oil

1/2 teaspoon salt

Dash of ground black pepper

1 cup cherry tomatoes, halved

1/2 cup radishes, halved, thinly sliced

1/2 cup coarse chopped cilantro

1/2 cup thin sliced red onions

Prepare light lime marinade: In a small bowl, whisk lime juice, olive oil, salt, and black pepper. Put tomatoes, radishes, cilantro, and onions in separate small bowls; place about 1-1/2 Tablespoons lime dressing into each bowl; toss to coat vegetables; set aside to flavor the vegetables.

Festive Salsa Rice:

1 cup long grain rice, rinse in cold water
2 cups water
1/2 teaspoon salt
1/2 Tablespoon Taco seasoning
1/2 cup medium tomato salsa
1/2 cup chopped multi-colored sweet peppers

Prepare Rice: In a medium saucepan, stir the rice, 2 cups water and salt. Bring to a boil, cover; turn down the heat to low/simmer; cook for 15 to 18 minutes. let rest for about 5 minutes; fluff rice with a fork. Add taco seasoning to salsa; mix into rice; stir in chopped peppers; set aside to stay warm. If rice seems too dry, stir in additional tomato salsa.

Ground Plant Protein Burger or Lean Beef

1 Tablespoon olive oil
1 cup minced onions
12 ounces lean ground beef or ground plant protein
1 Tablespoon taco seasoning
1 teaspoon smoked sweet paprika
2 Tablespoons water
1/2 cup medium tomato salsa
1/2 cup well-drained black beans

Prepare "Meat" Filling: In large pan over medium heat, add oil and onions. Sauté to soften onions, crumble ground protein into pan. Season with taco seasoning and smoked paprika, breaking the meat up until lightly browned, about 8 to 10 minutes. Stir in water and salsa, scrapping up any browned bits in the pan. Stir in black beans; toss until warm. Set aside.

Taco Add-Ons:

1 small head iceberg or romaine lettuce, coarse shredded
1/2 cup shredded cheddar cheese
1 jalapeno, sliced
Tortilla thin chips, store-bought or homemade
1/2 cup light sour cream or plain yogurt
Garnish: sprinkle of paprika

To Serve:

Place ingredients in bowls; let everyone build their own taco bowl. Alternate Serving: Place lettuce over the entire dish or large bowl. Arrange ingredients in separate portions on large serving platter. Drain the dressing from the vegetables before serving. Garnish with a few sliced jalapenos; serve with tortilla chips; garnish the center with sour cream or plain yogurt; lightly sprinkle with paprika. Yield: Serves: 4 dinner portions

About the Recipe: Serving a Taco Bowl is a fun dinner since everyone can build their own taco bowl, adding the ingredients that they love the most. This recipe is easy to make because the veggies marinate while cooking the rice for 15 minutes and at the same time, cook the plant based “meat” for about 6 minutes and if using beef, about 10 to 12 minutes. It’s always fun to have a celebration supper that’s filled with a rainbow of healthy ingredients.

Eat a Rainbow of Vegetables: To get that rainbow pot of gold, be sure to eat a variety of different-colored fruits and vegetables throughout your day. Most colorful fruits and veggies have anti-inflammatory and antioxidant effects that may benefit different aspects of your health.

Each color represents a different phytochemical and set of nutrients that may benefit your health.

Main phytonutrients

- Red: lycopene (from the vitamin A family)
Lycopene is the carotenoid that gives all red fruits and vegetables their vibrant pigment, and it’s a powerful antioxidant too.
- Dark Red - betalains
- Yellow/Orange carotenoids (e.g., beta carotene, alpha carotene, beta cryptoxanthin), which belong to the vitamin A family
An antioxidant, the beta carotene found in these foods is converted into Vitamin A (retinol) when consumed,
The Yellow family are nutrition powerhouses. That’s thanks to the carotenoids, bioflavonoids and Vitamin C they carry
- Leafy greens: chlorophyll and carotenoids
Cruciferous greens (e.g., broccoli, cabbage): indoles, isothiocyanates, glucosinolates
Are bursting with carotenoids and bioflavonoids, in addition to fiber, potassium, iron, calcium, and folate.
- Purple/blue – anthocyanins
The darker the food, the higher the concentration of antioxidants.
- White and Brown - anthoxanthins (flavonols, flavones), allicin

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For More Information See: [How to Eat the Rainbow: Tips for a Colorful Diet \(healthline.com\)](https://www.healthline.com/health/eating-the-rainbow)

https://www.farmerjonesfarm.com/blogs/news/farmer-lee-jones-busts-some-myths-about-healthy-eating?_pos=2&_psq=eating&_ss=e&_v=1.0