



Rainbow Salad

Ingredients

- 1 cup spinach leaves
- Any colorful assortment of vegetables. Try to get at least all five colors on the plate. The more, the better.
 - Examples: Red: red peppers, tomatoes, radishes
 - Orange carrots or peppers
 - Yellow squash or peppers
 - Green zucchini, broccoli, peppers, etc.
 - Purple cabbage, carrots or beets

Directions:

1. Start with a bed of spinach or lettuce. Top the salad with as many colorful vegetables as you can find. Lightly dress with orange vinaigrette or olive oil/vinegar.

Orange vinaigrette:

- 3/4 cup olive oil
- 2 Tbsp apple cider vinegar
- juice from one orange
- 1 tsp orange zest
- 1/2 of a shallot, minced
- salt and pepper, to taste
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Grow It Green Morristown is a local non-profit organization that creates sustainable farms and gardens, and educates communities on healthy eating and environmental stewardship. We believe that fresh, local food should be accessible to all. For more information about Grow It Green Morristown, and ways you can help support local food access, please visit our website:

<http://www.growitgreenmorristown.org/>



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Ensalada del arco iris

Ingredientes de la

- 1 taza de hojas de espinaca
- Cualquier colorido surtido de vegetales. Trate de obtener al menos los cinco colores en el plato. Mientras más, mejor.
 - Ejemplos: col roja, pimientos rojos, tomates, rábanos
 - Zanahorias o pimientos naranjas o pimientos
 - Calabaza amarillos
 - Calabacín verde, brócoli, pimientos, etc.



Instrucciones:

1. Comience con una cama de espinacas o lechuga. Cubra la ensalada con tantos vegetales coloridos como pueda encontrar. Vístase ligeramente con vinagreta de naranja o aceite de oliva / vinagre.

Vinagreta de naranja:

- 3/4 taza de aceite de oliva
- 2 cucharadas de vinagre de sidra de manzana
- jugo de una naranja
- 1 cucharadita de cáscara de naranja
- 1/2 de un chalote, picada
- sal y pimienta, al gusto

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