



RAINBOW RECIPES

Eating the Rainbow is a popular and effective way to teach basic nutrition to a wide variety of ages (just check out our Eating Rainbows Unit!), and it comes with the opportunity to try some fun and tasty recipes! Lots of dishes can be turned into rainbows; the trick is finding the one that fits your class's equipment and tastes.

Smoothie Supplies

- Blender
- Smoothie ingredients
- Cups for tasting



FIGURE 1 Rainbow pasta salad is versatile. Add any colorful veggie you have growing in the garden.

RAINBOW SMOOTHIES

Smoothies are endlessly versatile. These are just sample combinations but you can substitute any fruit or vegetable. It's good to keep some general ratios in mind, though. You can pre-determine the ratio of fruits and juices and herbs, OR you can let the kids decide how much of each. Try making it into a contest to see who can make the tastiest smoothie recipe! **Fun additions:** Yogurt, cinnamon, mint, honey **Adventurous additions:** Cooked carrots, cooked sweet potatoes, roasted beets, ginger, lemon

Radical Red

- 2 cups frozen strawberries
- 1 banana, fresh or frozen
- 1 cup milk
- 1 cup ice
- Honey to taste

Green Goodness

- 2 cups leafy greens like spinach or kale
- 2 cups frozen pineapple
- 1 banana, fresh or frozen
- 1 cup milk
- Honey to taste

Oh My! Orange/Yellow

- 1/2 cups cubed mango, fresh or frozen
- 1 peeled orange
- 1 banana, fresh or frozen
- 1 1/2 cups plain yogurt
- 1/2 cups milk
- Honey to taste

Powerful Blue/Purple

- 1 cup frozen blue berries
- 1 cup frozen strawberries
- 1 cup frozen blackberries
- 1 cup plain yogurt
- Honey to taste

Pasta Ingredients

- 2 cups cooked whole wheat pasta
- 1/4 cup diced tomatoes (red)
- 1/4 cup diced bell pepper (orange)
- 1/4 cup diced yellow squash (yellow)
- 1/4 cup sweet peas (green)
- 1/4 cup diced red onion
- 1/2 cup Homemade Ranch (see recipe in The Garden Classroom)

RAINBOW PASTA SALAD

This is a great recipe to prep the ingredients ahead of time, bring to class, and assemble together. Just make sure you have a way to keep things below 40 degrees Fahrenheit. until you're ready to eat. If you have more time and equipment, the class could cook the pasta, chop the veggies, make the ranch, or any combination of steps! The more involvement the better! It all depends on each specific class.

Directions

1. Measure each ingredients
2. Mix all ingredients together in a large mixing bowl and serve!