

EAT WELL, AGE WELL. EATING A RAINBOW OF BENEFITS

Berry Many Benefits!

Berries are more than just nature's candy. Some contain anthocyanins, which give them more than their bold color! They have anti-inflammatory and anti-carcinogenic properties. That's right, they're sweet not only in flavor but in nutrients too!

Any berries that range from red to blue have anthocyanins. These could include blackberries, blueberries, and elderberries.

It's coming up on summertime, the perfect opportunity to get fresh berries for an incredibly colorful fruit salad!

Just remember, the fresher, the better!!

Summer Fruit Salad



Ingredients:

- 6 oz. Blackberries
- 6 oz. Blueberries
- Bag of red grapes (approx. 2lbs)
- 16 oz. strawberries
- Personal watermelon or 2 cups

Directions

1. Carefully wash all produce.
2. Slice strawberries.
3. Cube the watermelon, you may only need to cube $\frac{1}{2}$, depending on the amount of salad you wish to make.
4. Toss all the fruit together in a large bowl, being careful to not squish the berries.
5. Cover and refrigerate until ready to serve.



Photos courtesy of Pixabay

EAT WELL, AGE WELL. EATING A RAINBOW OF BENEFITS

The Cabbage Patch is Back!

Feel free to do the cabbage patch dance while you enjoy some purple cabbage! Ask your kids or grandkids if you haven't heard of this dance 😊.

This delightful vegetable is great for your heart health and aids in weight control.

Purple cabbage does much more than improve your health. It also provides beautiful color to any meal!

Impress your friends on your next Taco Tuesday with this revitalizing Lime Cabbage Slaw. The recipe include not only purples, but reds and greens as well. A rainbow of color to complement a rainbow of health benefits. Enjoy!

Lime Cabbage Slaw



Photo by Pam VanKampen

Ingredients

- 1/2 small red cabbage, cored & thinly sliced
- 1/4 cup cilantro, chopped (optional)
- 3/4 cup thinly sliced red onion
- 1/4 cup chopped apple
- 2 Tbsp. canola oil
- 1 1/2 Tbsp. fresh lime juice
- 1 Tbsp. apple cider vinegar
- 1 clove garlic, minced
- 1 1/2 tsp chili powder
- 1/2 tsp ground cumin (optional)
- 1/2 tsp ground paprika
- 1/8 tsp cayenne pepper (optional)
- Salt and pepper
- 6 corn or flour tortillas

Directions

1. In a mixing bowl whisk together oil, lime juice, apple cider vinegar, garlic, chili powder, cumin, paprika, cayenne and season with salt and pepper to taste (about 1/2 tsp salt 1/4 tsp pepper). This is your marinade.
2. Add cabbage, red onion, apple and cilantro to a medium mixing bowl. Pour lime juice and olive oil over top and season lightly with salt and pepper. Toss to evenly coat.
3. Serve on a tortilla or eat as a side dish.

Recipe adapted from CookingClassy.com

EAT WELL, AGE WELL. EATING A RAINBOW OF BENEFITS

Dont Get Cold Feet About Cold Soup!

Looking for a new way to cool off this summer? Why not increase your heart health at the same time? To top it all off, this is a dish you'll make again and again!

Red produce contains Lycopene, which has been shown to boost heart health and lower the risk of prostate and breast cancer. What food is the best red source of these lycopene's? The tomato!

Gazpacho is a Spanish soup known for being served cold. A perfect way to keep cool this summer while also enjoying a rainbow of health benefits.

Gazpacho



Photo courtesy of Pixabay

Ingredients

- 8 large tomatoes, peeled
- 1 large cucumber, peeled, seeded and finely diced
- 1 large green bell pepper, finely chopped
- 1 medium-sized red onion, minced
- 3 Tbsp. red wine vinegar
- 1 Tbsp. olive oil
- 3 Tbsp. lemon juice
- 2 ½ Tbsp. chopped fresh parsley **or** 2 tsp. dried basil
- Salt and pepper to taste
- Hot pepper sauce to taste

Directions

1. Core the tomatoes and gently squeeze out the seeds.
2. Coarsely chop half of the tomatoes and set aside. Puree the other half in a food processor.
3. Combine the puree and chopped tomatoes in a large mixing bowl.
4. Add the remaining ingredients.
5. Cover and refrigerate for at least one hour before serving.
6. Serve chilled; garnish with herbed croutons or fresh herbs if desired.

Recipe courtesy of pbhfoundation.org

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students 6-1-17 by Lauren Mickley

EAT WELL, AGE WELL. EATING A RAINBOW OF BENEFITS

Orange Ya Glad You Tried Something New?

Vitamin C and Beta-Carotene come in a variety of flavors. Known for being in orange produce, these keep your immune system proactive, and your eyes healthy!

Without orange produce, colors and meals alike would become dull. Vitamin C and Beta-Carotene are found in oranges, pumpkins, sweet potatoes, and papaya just to name a few!

Freshen up your weeknight meal with some different colors. Try this delicious Papaya and Black Bean dish!

Papaya Black Beans and Rice



Ingredients

- 1 tsp olive oil
- 1/2 cup chopped red onion
- 1/4 cup fresh orange juice
- 1/8 cup fresh lemon juice
- 1 Tbsp. fresh chopped cilantro (optional)
- 1/4 tsp cayenne or black pepper
- 1/2 cup finely chopped red bell pepper
- 1/2 cup finely chopped green bell pepper
- 1 medium papaya, peeled, seeded, and diced or 1/2 cup frozen
- 1 garlic clove
- 1 15-oz can black beans, rinsed & drained
- 3 cups cooked brown rice

Directions

1. Heat oil in large skillet over medium heat.
2. Add all ingredients to skillet except beans and rice.
3. Cook for 5 minutes, stirring occasionally until bell peppers are crisp tender.
4. Stir in beans.
5. Cook about 5 minutes or until heated through.
6. Serve over rice.

Recipe courtesy of pbhfoundation.org.

Photo by Pam VanKampen

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students 6-1-17 by Lauren Mickley