

EATING THE

RAINBOW

SALAD
RECIPIES



HEALTH BENEFITS BY COLOR

-  RED: Heart Health & Antioxidants
-  ORANGE: Immune Support & Vision
-  YELLOW: Brain Health & Digestion
-  GREEN: Detox & Bone Health
-  PURPLE: Brain Function & Anti-Aging
-  WHITE/TAN - Immunity & Heart Health

Pro Tips for Maximum Nutrition

- Eat raw when possible - Many nutrients are heat-sensitive
- Add healthy fats - Helps absorb fat-soluble vitamins (A, D, E, K)
- Include protein - Chickpeas, beans, nuts, seeds, or grilled chicken
- Prep in advance - Chop vegetables and store separately for easy assembly
- Rotate your colors - Different phytonutrients provide different benefits
- Don't overdress - Use just enough dressing to coat ingredients



SALAD-MAKING TIPS

Seasonal Shopping Tips

Why Eat Seasonally?

- Maximum nutrients: Peak ripeness = peak nutrition
- Better flavor: Seasonal produce tastes better
- Lower cost: Abundant supply reduces prices
- Environmental impact: Less transportation = smaller carbon footprint
- Local support: Helps local farmers and economy

Health Benefits by Season

Autumn

Rich in vitamin A (squashes), antioxidants (pomegranates), and fiber (apples) to boost immunity as cold season approaches

Winter

High in vitamin C (citrus, cabbage) and complex carbs (root vegetables) for energy and immune support during cold months

Spring

Packed with detoxifying greens (asparagus, peas) and vitamin K (leafy greens) to cleanse and energize after winter

Summer

Loaded with hydration (cucumber, watermelon), antioxidants (berries, tomatoes), and vitamins to protect from sun and heat

Remember: Eating seasonally ensures variety throughout the year and exposes your body to different nutrients when you need them most!



THE ULTIMATE RAINBOW SALAD BOWL

Ingredients:

Mixed greens (spinach, arugula, romaine) - 3 cups
Cherry tomatoes (halved) - 1 cup
Red bell pepper (diced) - 1/2 cup
Strawberries (sliced) - 1/2 cup
Shredded carrots - 1/2 cup
Orange bell pepper (diced) - 1/2 cup
Mandarin segments - 1/2 cup
Yellow bell pepper (diced) - 1/2 cup
Corn kernels - 1/2 cup
Golden beets (roasted, cubed) - 1/2 cup
Cucumber (diced) - 1 cup
Broccoli florets (raw or blanched) - 1/2 cup
Avocado (sliced) - 1/2 pieces
Edamame - 1/2 cup
Red cabbage (shredded) - 1/2 cup
Blueberries - 1/4 cup
Red onion (thinly sliced) - 1/4 cup
Chickpeas (roasted) - 1/2 cup
Cauliflower florets (raw) - 1/2 cup
Sliced almonds - 2 tablespoons

Ingredients:

Rainbow Citrus Dressing

3 tablespoons olive oil
2 tablespoons fresh orange juice
1 tablespoon lemon juice
1 teaspoon honey or maple syrup
1 teaspoon Dijon mustard
Salt and pepper to taste

Instructions

Whisk all ingredients together until emulsified. Drizzle over salad



THREE QUICK RAINBOW SALAD VARIATIONS

Ingredients:

Mediterranean Rainbow Bowl

Base: Rocket and spinach
Sun-dried tomatoes, red bell pepper

Roasted butternut squash
Yellow tomatoes

Cucumber, olives, artichoke hearts

Red onion, kalamata olives

Feta cheese, white beans

Dressing: Lemon-herb vinaigrette



Ingredients:

Asian-Inspired Rainbow Salad

Base: Napa cabbage, mixed greens

Red bell pepper, radishes

Mandarin oranges, carrots

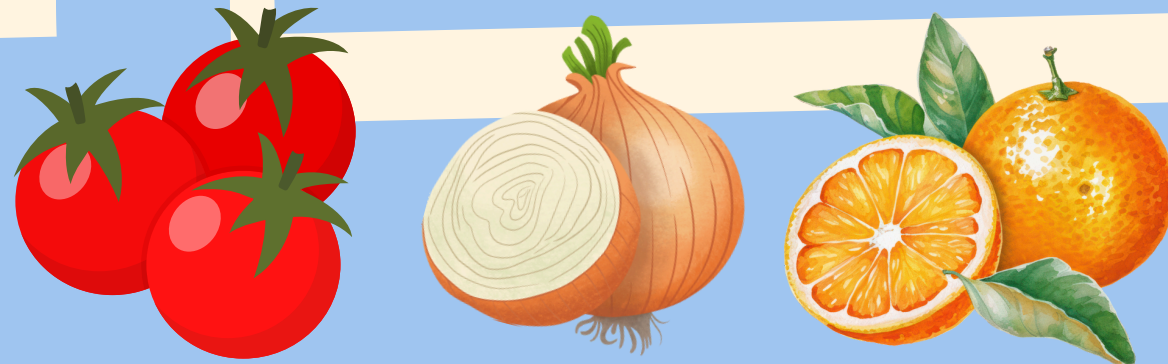
Yellow bell pepper, mango

Snap peas, edamame, cucumber

Purple cabbage, red onion

Water chestnuts, sesame seeds

Dressing: Ginger-sesame dressing



Ingredients:

Southwest Rainbow Fiesta

Base: Romaine lettuce

Cherry tomatoes, red bell pepper

Orange bell pepper, sweet potato (roasted)

Corn, yellow tomatoes

Avocado, jalapeño, coriander

Red cabbage, black beans

Pumpkin seeds

Dressing: Lime-coriander dressing



AUTUMN RAINBOW SALAD

WINTER RAINBOW SALAD

Ingredients:

Mixed autumn greens (rocket, kale, radicchio) - 3 cups
Pomegranate seeds - 1/2 cup
Red apples (Gala, Honeycrisp) - 1 cup, diced
Red grapes - 1/2 cup
Roasted butternut squash - 1 cup, cubed
Sweet potato (roasted) - 1/2 cup, cubed
Persimmon (sliced) - 1/2 cup
Delicata squash (roasted) - 1/2 cup
Yellow pear tomatoes - 1/2 cup
Golden beets (roasted) - 1/2 cup
Brussels sprouts (shaved raw or roasted) - 1 cup
Celery (diced) - 1/2 cup
Green pear (sliced) - 1/2 cup
Kale leaves (massaged with oil) - 1 cup
Red cabbage (shredded) - 1/2 cup
Purple cauliflower (raw florets) - 1/2 cup
Red onion (thinly sliced) - 1/4 cup
Roasted chestnuts (chopped) - 1/4 cup
Parsnips (roasted) - 1/2 cup
Pumpkin seeds - 2 tablespoons

Autumn Apple Cider Dressing

3 tablespoons olive oil
2 tablespoons apple cider vinegar
1 teaspoon maple syrup
1 teaspoon Dijon mustard
Pinch of cinnamon

Ingredients:

Hearty winter greens (kale, escarole, watercress) - 3 cups
Blood oranges (segmented) - 1/2 cup
Radicchio (torn) - 1/2 cup
Dried cranberries - 1/4 cup
Carrots (ribbons or roasted) - 1/2 cup
Orange segments - 1/2 cup
Butternut squash (roasted) - 1/2 cup
Brussels sprouts (shaved) - 1 cup
Celery root (julienned) - 1/2 cup
Leeks (grilled) - 1/2 cup
Broccoli (blanched) - 1/2 cup
Yellow beets (roasted) - 1/2 cup
Winter squash (roasted) - 1/2 cup
Golden turnips (roasted) - 1/2 cup

Fennel (shaved) - 1/2 cup
Cauliflower (roasted) - 1/2 cup
Walnuts - 2 tablespoons
Purple cabbage - 1/2 cup
Red onion - 1/4 cup
Purple kale - 1 cup

Winter Citrus Dressing

3 tablespoons olive oil
2 tablespoons blood orange or grapefruit juice
1 tablespoon lemon juice
1 teaspoon honey
Fresh thyme leaves

SPRING RAINBOW SALAD

SUMMER RAINBOW SALAD

Ingredients:

Spring mix (baby lettuce, mizuna, young spinach) - 3 cups
Strawberries (sliced) - 1 cup
Radishes (sliced thin) - 1/2 cup
Red cherry tomatoes - 1/2 cup
Carrots (shredded young carrots) - 1/2 cup
Orange bell pepper - 1/2 cup
Apricots (fresh, sliced) - 1/2 cup
Yellow squash (raw, ribboned) - 1/2 cup
Yellow cherry tomatoes - 1/2 cup
Yellow bell pepper - 1/2 cup
Sugar snap peas - 1 cup
Asparagus (blanched, chopped) - 1/2 cup
Cucumber (sliced) - 1 cup
Fresh peas - 1/2 cup
Avocado - 1/2 piece
Purple asparagus - 1/2 cup
Red onion (young, mild) - 1/4 cup
Purple radishes - 1/2 cup
White asparagus - 1/2 cup
Sliced almonds - 2 tablespoons

Spring Herb Dressing

3 tablespoons olive oil
2 tablespoons lemon juice
1 tablespoon fresh dill or parsley, minced
1 teaspoon Dijon mustard
1 clove garlic, minced

Ingredients:

Summer greens (butter lettuce, rocket, basil) - 3 cups
Heirloom tomatoes - 1 cup, chopped
Red bell pepper - 1/2 cup
Watermelon (cubed) - 1/2 cup
Raspberries - 1/4 cup
Orange bell pepper - 1/2 cup
Cantaloupe (cubed) - 1/2 cup
Orange cherry tomatoes - 1/2 cup
Peaches (sliced) - 1/2 cup
Yellow tomatoes - 1/2 cup
Yellow courgette (raw, ribboned) - 1/2 cup
Sweet corn (grilled) - 1/2 cup
Yellow bell pepper - 1/2 cup
Cucumber - 1 cup
Green beans (blanched) - 1/2 cup
Courgette (raw, ribboned) - 1/2 cup
Avocado - 1/2 piece
Fresh herbs (basil, mint) - 1/4 cup
Purple tomatoes - 1/2 cup
Blackberries - 1/4 cup
Red onion - 1/4 cup
Purple basil - 1/4 cup
Sunflower seeds - 2 tablespoons
Fresh mozzarella (optional) - 1/2 cup

Summer Balsamic Dressing

3 tablespoons olive oil
2 tablespoons balsamic vinegar
Fresh basil, minced
1 teaspoon honey
Salt and pepper