



# EATING RAINBOW RECIPE CARDS



**MINI SANDWICHES**  
YIELDS 12 SANDWICHES

## Ingredients

4 teaspoons of mustard  
3 slices of whole wheat bread  
3 slices of cheddar cheese  
4 slices of deli turkey  
Baby Lettuce Leaves  
Toothpicks

## Instructions

Place 3 slices of bread on your worktop.  
Spread each with a thin layer of mustard  
Now, take 2 slices of cheddar and place these on top of one slice. Add 1 or 2 slices of turkey and top with lettuce. Cover with the second slice of bread. Repeat and top with the last slice of bread.  
Cut each sandwich in half. Stick 6 toothpicks into each half and cut around them. You will get 6 mini sandwiches out of 1 half and 12 mini sandwiches out of 1 sandwich.

RECIPE ADAPTED FROM:  
[HTTPS://WWW.APPETIZERADDICTION.COM/MINI-SANDWICHES/](https://www.appetizeraddiction.com/mini-sandwiches/)



**ZUCCHINI SAUTÉ**  
SERVES 5

## Ingredients

1¼ pound zucchini  
½ teaspoon olive oil  
1 tablespoon dried oregano  
2 cloves garlic, finely chopped  
1 teaspoon grated lemon peel  
1 tablespoon grated Parmesan cheese  
¼ teaspoon ground black pepper

## Instructions

Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.  
Heat oil in a nonstick skillet over medium-high heat.  
Add oregano and garlic, and sauté for about 2 minutes.  
Add zucchini and lemon peel, and sauté for about 3 minutes.  
Mix in Parmesan cheese and pepper.

RECIPE FROM:  
[HTTPS://CACHAMPIONSFORCHANGE.CDPD.CA.GOV/EN/RECIPES/PAGES/ZUCCHINI-SAUT%C3%A9.ASPX](https://cachampionsforchange.cdpd.ca.gov/en/recipes/pages/zucchini-saut%C3%A9.aspx)





## SALSA FRESCA

SERVES 6

### Ingredients

1 pound ripe tomatoes, chopped  
 1½ cups chopped onion  
 ⅓ cup chopped fresh cilantro  
 3 jalapeño peppers, seeds removed and chopped  
 2 tablespoons lime juice  
 2 cloves garlic, finely chopped  
 ¼ teaspoon salt

### Instructions

Combine all ingredients in a medium bowl. Serve immediately or cover and refrigerate for up to 3 days.

RECIPE FROM: [HTTPS://CACHAMPIONSFORCHANGE.CDPH.CA.GOV/EN/RECIPES/PAGES/FRESH-SALSA.ASPX](https://cachampionsforchange.cdp.ca.gov/en/recipes/pages/fresh-salsa.aspx)



## YOGURT PARFAIT

SERVES 4

### Ingredients

3 cups vanilla nonfat yogurt  
 1 cup fresh strawberries  
 1 cup fresh blackberries, raspberries or blueberries  
 1 cup granola

### Instructions

Layer ⅓ cup vanilla yogurt into the bottom of 1 tall glass.

Combine strawberries with fresh berries. Alternate layers of fruit and granola with yogurt until glasses are filled to the top.

RECIPE FROM: [HTTPS://WWW.FOODNETWORK.COM/RECIPES/RACHAEL-RAY/YOGURT-AND-FRUIT-PARFAITS-RECIPE-1940127](https://www.foodnetwork.com/recipes/rachael-ray/yogurt-and-fruit-parfaits-recipe-1940127)

## PIZZA BAGEL

SERVES 8



### Ingredients

½ cup tomato sauce  
 4 bagels, split  
 1 ½ cups shredded mozzarella cheese  
 ½ cup sliced pepperoni  
 ½ cup chopped bell peppers  
 ½ cup sliced mushrooms  
 ½ cup sliced olives

### Instructions

Spread pizza sauce over each bagel half. Sprinkle each with cheese and desired topping. Place bagels on a pan. Bake 5 to 10 minutes or until cheese is melted.

RECIPE ADAPTED FROM: [HTTPS://WWW.BETTYCROCKER.COM/RECIPES/PIZZA-BAGELS/56c3b9d5-f93a-4ac2-bd2a-5d5dcbbd6f1c](https://www.bettycrocker.com/recipes/pizza-bagels/56c3b9d5-f93a-4ac2-bd2a-5d5dcbbd6f1c)

