Add more color in your meals since vibrantly colored fruits and vegetables contain many nutrients and can help you be healthier!

- **Red** produce helps reduce the risk for type 2 diabetes and various cancers!
- **Orange** produce helps support the maintenance of healthy eyesight, teeth, bones, and skin!
- **Green** produce helps promote metabolism health, and green leafy vegetables may reduce type 2 diabetes risk!
- **Purple** produce can help protect your cells from damage and can help reduce the risk of type 2 diabetes and cardiovascular diseases!

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**Rainbow Chopped Salad**

**Salad Ingredients:**
- 8-10 red radishes, chopped
- 1 orange bell pepper, seeded and chopped
- 1/2 pint orange cherry tomatoes, quartered
- 2 small zucchini, chopped
- 1/4 small red cabbage, chopped
- 1 head of romaine lettuce, chopped

**Avocado Chimichurri Vinaigrette**

**Ingredients:**
- 1 soft avocado, peeled and pitted
- 1/2 cup chopped fresh parsley
- 2-3 cloves garlic, minced
- 1/4 cup avocado or olive oil
- 2 tablespoons honey
- 2 tablespoons white wine vinegar
- 1/4 cup of water

**Instructions:**
Place all the vinaigrette ingredients in a food processor/blender. Puree until smooth. Taste and salt as needed. Chop all vegetables and toss together in a large bowl. Once ready to serve, pour the dressing over the salad and toss.