



# Recipes of the Rainbow

## Week 1: Red/Pink

**Antioxidants** help protect the body from free radicals that are compounds formed naturally in the body that damage tissues and may contribute to a variety of chronic conditions, such as heart disease, Alzheimer's and cancer. The best way to get a healthy range of antioxidants is to eat fruits and vegetables representing all colors of the rainbow.

**Red/Pink:** Great source of **lycopene**, which may protect against prostate cancer as well as heart and lung disease. Tomatoes and watermelon are two sources.

### Quinoa, Tomato and Tofu Salad

#### Ingredients

- 1 package extra firm tofu, diced
- ¼ cup reduced sodium soy sauce
- 1 tbsp sesame oil
- 2 cups water
- ¾ tsp salt, divided
- 1 cup quinoa, rinsed well
- ¼ cup lemon juice
- 3 tbsp extra-virgin olive oil
- 2 small cloves garlic, minced
- 1/4 tsp freshly ground pepper
- 1 small yellow bell pepper, diced
- 1 cup grape tomatoes, halved
- 1 cup diced cucumber
- ½ cup chopped fresh parsley
- ½ cup chopped fresh mint



#### Instructions

1. Preheat oven 400°F. Coat diced tofu with soy sauce and sesame oil [you can lower the sodium using low sodium soy sauce]. Place on a baking sheet and bake for 25 minutes, turning half way.
2. Bring water and 1/2 tsp salt to a boil in a medium saucepan. Add quinoa and return to a boil.
3. Reduce to a simmer, cover and cook until the water has been absorbed, 15 to 20 minutes. Spread the quinoa on a baking sheet to cool for 10 minutes.
4. Meanwhile, whisk lemon juice, oil, garlic, the remaining 1/4 tsp salt and pepper in a large bowl. Add the cooled quinoa, tofu, bell pepper, tomatoes, cucumber, parsley and mint; toss well to combine.

Nutritional Information (per serving)			
<b>Calories</b>	<b>232</b>	<b>Monounsaturated Fat</b>	<b>6 g</b>
<b>Protein</b>	<b>9 g</b>	<b>Cholesterol</b>	<b>0 mg</b>
<b>Carbohydrate</b>	<b>26 g</b>	<b>Sodium</b>	<b>537 mg</b>
<b>Total Fat</b>	<b>10 g</b>	<b>Fiber</b>	<b>4 g</b>
<b>Saturated Fat</b>	<b>1 g</b>	<b>Makes 6 servings (1 1/3 cup each)</b>	

Nutrition Bonus: Vitamin C (80% daily value), Iron (25% dv), Vitamin A (20% dv), Magnesium (19% dv).

Resource: <http://www.eatingwell.com/>