

HEALTHY RECIPES OF THE RAINBOW

NUTRITION WEEK ONE - COLOUR OF YELLOW/GREEN



YELLOW/GREEN RECIPE

LUTEIN AND ZEAXANTHIN – two antioxidants linked with reducing the risk of cataracts and atherosclerosis. Find them in honeydew, avocados and yellow corn. Many green cruciferous vegetables (cauliflower, broccoli, cabbage, bok choy) also contain indoles, another antioxidant, which help fight cancer.

One of the best ways to reduce high blood pressure is to get enough potassium – and half an avocado has more potassium than a medium-sized banana. In addition, guacamole offers a nutritious alternative when stress has you craving a high-fat treat.



ROASTED GARLIC GUACAMOLE



Ingredients

- 6 large cloves garlic, unpeeled
- 6 ripe medium avocados
- ½ cup coarsely chopped fresh cilantro, loosely packed
- 2 tbsp fresh lime juice, plus more if desired
- 1 tsp salt

Instructions

- Place unpeeled garlic in a small dry skillet over medium heat; cook, turning occasionally, until soft and blackened in spots, 10 to 15 minutes. Cool, then slip off the skins; finely chop.
- Scoop avocado flesh into a large bowl. Add the garlic, cilantro and lime juice to taste.
- Coarsely mash everything together. Season with salt. Transfer to a serving bowl and place plastic wrap directly on the surface of the guacamole. Refrigerate until ready to serve.



NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	310	MONO-UNSATURATED FAT	10 g
PROTEIN	7 g	CHOLESTEROL	7 mg
CARBOHYDRATE	28 g	SODIUM	451mg
TOTAL FAT	21 g	FIBER	6 g
SATURATED FAT	4 g	MAKES 16 SERVINGS	4 Cups

NUTRITION BONUS: Folate (16% daily value)

RESOURCE: www.EatingWell.com