

HEALTHY RECIPES OF THE RAINBOW

NUTRITION WEEK ONE - COLOUR OF RED



RED/PINK RECIPE

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.

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 & 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

- 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.
- Bring water and 1/2 tsp salt to a boil in a medium saucepan. Add quinoa and return to a boil.
- 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.
- 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.

Nutrition Bonus:

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

NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	232	MONO-UNSATURATED FAT	6 g
PROTEIN	9 g	CHOLESTEROL	0 mg
CARBOHYDRATE	26 g	SODIUM	537 mg
TOTAL FAT	10 g	FIBER	4 g
SATURATED FAT	1 g	MAKES 6 SERVINGS	1 1/3 cup each

RESOURCE: www.EatingWell.com