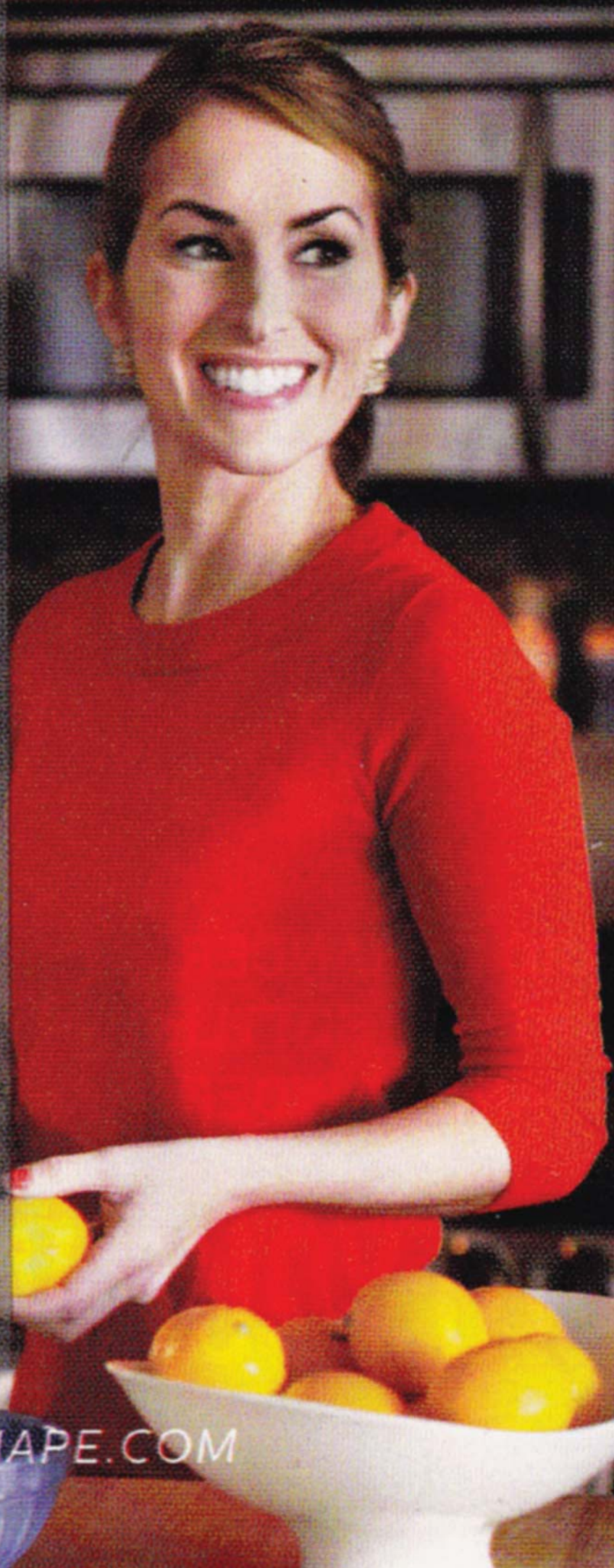


COOK IT

OVER THE RAINBOW

“For the maximum health benefits, you should ideally have five different colors of produce every day,” says Frances Largeman-Roth, R.D., author of *Eating in Color* and creator of the recipes featured in “Just Add Color” (page 206). “Snack on fresh fruits and veggies—and add extra servings of them to your favorite dishes—to help you achieve that goal.” Largeman-Roth also contributes to *Cooking Light* and *The Dr. Oz Show*.



Yellow



Curried Chicken Salad with Cashews and Grapes

Serves: 4

Prep time: 15 minutes

Cook time: 30 minutes
(plus 15 minutes cooling)

- 1 pound bone-in, skin-on chicken breasts
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup plain 2% Greek yogurt
- 2 tablespoons canola mayonnaise
- ½ teaspoon finely grated lemon zest
- 2 teaspoons fresh lemon juice
- 1 teaspoon curry powder
- 1 large celery stalk, chopped
- ½ cup red grapes, quartered
- ¼ cup roasted unsalted cashews, roughly chopped
- 2 tablespoons raisins or dried cherries
- ¼ cup diced jicama
- 1½ teaspoons chopped fresh tarragon leaves (optional)

1. Preheat the oven to 400° F. In a baking dish, place the chicken skin-side up and sprinkle with ¼ teaspoon salt and the pepper. Bake for 30 minutes or until a meat thermometer inserted into the thickest part of the chicken registers 165° F. Allow to cool, or cover and refrigerate to use the next day.
2. When cool enough to handle, remove the skin from the chicken and discard. Remove the meat from the bone with clean hands and chop into bite-size pieces. Place the chopped chicken in a large bowl.
3. In a small bowl, mix the yogurt and mayonnaise together thoroughly. Add the lemon zest and juice, curry powder, and the remaining ¼ teaspoon salt; stir to combine.
4. Add the yogurt mixture to the chicken and gently fold with a spatula to mix. Add the celery, grapes, cashews, raisins or dried cherries, jicama, and tarragon (if using) and stir. Serve the chicken salad on its own, on toasted bread, or over a bed of mixed greens.

*** Nutrition score per serving**

339 calories, 20g fat (4g saturated),
12g carbs, 27g protein, 1.5g fiber,
282mg sodium



Red

Watermelon, Cucumber, and Feta Salad with Thyme

Serves: 4

Prep time: 10 minutes

Cook time: None

- 1 cup peeled, diced seedless cucumber
- 3 cups seeded, cubed watermelon
- 1/2 cup cubed feta
- 1 teaspoon fresh thyme leaves

- 1 tablespoon aged balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- fresh basil leaves, for garnish (optional)

1. In a medium serving bowl, gently toss the cucumber, watermelon, feta, thyme, vinegar, salt, and pepper together.

2. Garnish with basil leaves, if using, and serve.

*** Nutrition score per serving**

87 calories, 4g fat (3g saturated), 12g carbs, 3g protein, 1g fiber, 360mg sodium



Roasted Orange Cherry Tomatoes with Shrimp over Angel-Hair Pasta

Serves: 4

Prep time: 10 minutes

Cook time: 26 minutes

- 1½ pints orange cherry tomatoes (about 3 cups)
- 1 clove elephant garlic (or 3 regular cloves), thinly sliced
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt, plus more for salting the water
- ¼ teaspoon freshly ground black pepper
- 5 sprigs fresh thyme
- 1 pound medium shrimp, peeled and deveined (about 34)
- ¼ teaspoon ground cumin
- cooking spray
- 8 ounces whole-grain angel-hair pasta, preferably Barilla Plus
- 1 lemon, cut into 4 wedges

1. Preheat the oven to 400°F.
2. Place the tomatoes and garlic in a medium-size glass baking dish (such as a pie plate) and toss. Drizzle with 1 tablespoon oil and sprinkle with ⅛ teaspoon each of salt and pepper. Add the thyme sprigs. Roast for 20 minutes, until tomatoes are wrinkled and slightly collapsed. Remove from oven and discard thyme.
3. Meanwhile, bring a large pot of salted water to a boil. Place the shrimp in a medium bowl and toss with the remaining ⅛ teaspoon salt and pepper, plus the cumin and remaining 1 tablespoon oil. Heat a large sauté pan over medium-high, coat with cooking spray, and add the shrimp. Cook for 2 to 3 minutes per side, until opaque.
4. When the water is boiling, add the pasta and cook according to package directions. To serve, divide the pasta among four bowls. Divide the tomatoes with their juices evenly over the hot pasta, then top each with 7 to 8 shrimp. Serve with a lemon wedge.

*** Nutrition score per serving**
379 calories, 10g fat (1g saturated),
48g carbs, 24g protein, 6g fiber,
824mg sodium

Orange

Blue

Blue Potato Salad with Fresh Herbs

Serves: 6

Prep time: 10 minutes

Cook time: 15 minutes
(plus 30 minutes cooling)

- 2 pounds small blue potatoes, halved (quarter any large ones)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons whole-grain Dijon mustard
- 2 tablespoons sherry vinegar
- 2 tablespoons fresh lemon juice
- 2 tablespoons plain 2% Greek yogurt
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

- 2 tablespoons chopped chives
- 2 tablespoons chopped flat-leaf parsley

1. Place the potatoes in a medium saucepan and cover with water (about 4 cups). Bring to a boil; reduce heat to a simmer and cook for 15 minutes or until tender. Drain potatoes and set aside to cool (about 30 minutes).

2. In a medium bowl, whisk together the oil, mustard, vinegar, lemon juice, yogurt, salt, and pepper until combined. Set aside.

3. When the potatoes are cool enough to handle, toss them with the dressing, cover, and refrigerate for at least 30 minutes. Sprinkle the salad with chives and parsley; toss and serve.

*** Nutrition score per serving**

162 calories, 5g fat (1g saturated), 27g carbs, 3.5g protein, 3.5g fiber, 173mg sodium



Green

Mini Asparagus and Gruyère Frittatas

Makes: 12

Prep time: 10 minutes

Cook time: 30 minutes

cooking spray

6 large eggs

2 large egg whites

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

½ cup 1% milk

½ cup shredded Gruyère cheese

2 teaspoons fresh thyme leaves, finely chopped (optional)

1 tablespoon olive oil

1 shallot, minced

¾ bunch asparagus, cut into 1-inch pieces (or 2 cups other vegetable, like broccoli)

1. Preheat the oven to 375°F. Spray a 12-cup muffin pan with cooking spray.

2. In a large bowl, whisk together the eggs and egg whites. Stir in the salt, pepper, milk, cheese, and thyme (if using). Set aside.

3. In a small sauté pan, heat the oil over high. Add the shallot and sauté for 1 minute. Add the asparagus and sauté for 5 minutes more, until the stalks are bright green. Allow to cool slightly, then add the shallot-asparagus mixture to the bowl with the egg mixture.

4. Evenly pour the egg mixture into the muffin pan and place it in the middle of the oven. Bake for 23 minutes, until the tops are golden and a toothpick inserted in the middle comes out clean. Allow the frittatas to cool slightly, then pop them out of the pan and serve. Or, let them cool completely, remove them from the pan, and store them in an airtight container in the refrigerator for up to three days or in the freezer for up to three months; reheat the frozen frittatas in the oven at 325°F for 20 minutes.

*** Nutrition score per frittata**

80 calories, 5.5g fat (2g saturated), 2g carbs, 6g protein, 1g fiber, 114mg sodium





Brown

Nutty Chocolate Bark

Makes: 12 pieces

Prep time: 10 minutes

Cook time: 5 minutes
(plus 1 hour freezing)

- 9 1/2 ounces semisweet chocolate,
such as Scharffen Berger semisweet
baking chocolate
- 1/4 cup shelled unsalted pistachios, chopped
- 1/4 cup hazelnuts, chopped
- 1/2 cup dried cherries, chopped
- 3 tablespoons flaked unsweetened coconut
- 1/4 teaspoon coarse sea salt

1. Place water in the bottom of a double boiler and bring to a boil. (If you don't have a double boiler, place a heat-proof bowl over a saucepan of gently simmering water, making sure the bottom of the bowl isn't touching the water.) Meanwhile, chop the chocolate into large chunks. Set aside 1 tablespoon each of the pistachios, hazelnuts, cherries, and coconut to top the chocolate. Place a sheet of parchment paper or a Silpat mat on a rimmed baking sheet; set aside.

2. Melt the chocolate chunks in the top of the double boiler, stirring occasionally. Once the chocolate is completely melted and smooth, turn off the heat and stir in the pistachios, hazelnuts, cherries, and coconut. Pour the chocolate mixture onto the prepared baking sheet, spreading it out

with a spatula to an approximately 8-by-10-inch rectangle. Sprinkle the reserved 1 tablespoon each of pistachios, hazelnuts, cherries, and coconut evenly on top. Sprinkle the salt over the top of the chocolate.

3. Transfer the baking sheet to the freezer and freeze for 1 hour or until completely firm. Using your hands, break the chocolate into 12 chunks and enjoy, or transfer to a sealed container. Store in the freezer for best results for up to three months.

*** Nutrition score per piece**

170 calories, 11 fat (6g saturated), 18g carbs,
3g protein, 3.5g fiber, 41mg sodium