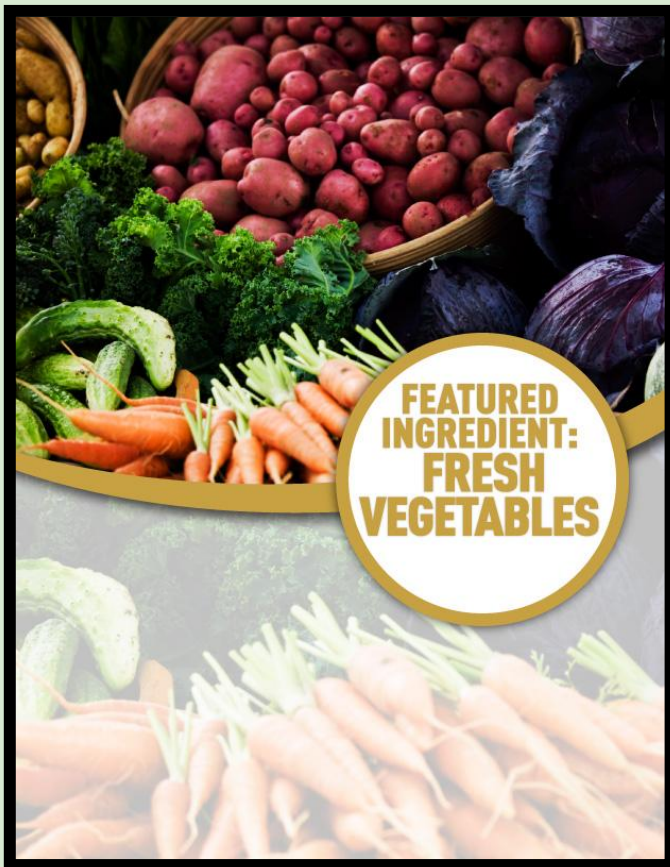


## FEATURED INGREDIENT: FRESH VEGETABLES



Promoting fresh vegetables is a great way to capitalize on many of the most popular food trends this year, namely locally grown produce, seasonal items and health & nutrition.

Fresh vegetables are a great way to bring colour and vibrancy to your servey stations. Not only do the vast array of vegetable colours look great, the colour of the foods we consume determines a lot about the quality of food we are eating and selling. If your servery consists of mostly beige, the colour of our daily convenience foods like muffins, chips, pasta, breads and snack crackers, then you may be missing the health benefits a colourful diet can bring your customers and potentially, your bottom line.

### Eating the colours of the rainbow

**Green:** Dark green selections are full of powerful carotenoids, vitamins and antioxidants that help boost the immune system, support heart health and prevent cancer.

**Orange/Yellow:** Orange foods are the richest in carotenoids and the citrus varieties contain vitamin C. These foods promote heart health, decrease aging and protect against cancers.

**Red:** Lycopene, a powerful antioxidant that gives vegetables their red colour help decrease the risk of certain cancers, prostate tumours and inflammation associated with heart disease.

**Blue/Purple:** Blue and purple foods help promote digestive and heart health, prevent degenerative eye disease and lessen senility associated with Alzheimer's disease.

**Merchandising:** Fresh vegetables are a great way to bring colour to your station. Make sure when displaying your fresh vegetables for baja flats, menutainment, sandwich central or wild greens, that you colour block the ingredients. It creates a huge eye appeal and helps sell your customers on those fresh, sometimes higher priced entrees that are featured at those stations. [Click here](#) to access the nutrigram all about Eating the Colours of the Rainbow and display when featuring your fresh vegetable recipes. Try using seasonal and local vegetables when available.

### Featured Recipes

Grilled Asparagus Flatbread (V)	<a href="#">FB28605</a>
Sesame Beef and Broccoli Stirfry	<a href="#">BF20500</a>
Lentil Zucchini and Jalapeno Salad (BC) (V)	<a href="#">46406*</a>
Zucchini and Mushroom Salad (BC) (V)	<a href="#">46550</a>
Peas with Garlic and Rosemary (BC) (V)	<a href="#">60300E</a>
Chilled Cucumber Soup 240 ML	<a href="#">14020</a>
Roasted Cauliflower Soup with Brie (V)	<a href="#">11335*</a>
Cauliflower au Gratin	<a href="#">61011</a>