



COOKING FOR WELLNESS

CANCER SUPPORT
COMMUNITY
CENTRAL OHIO
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Rainbow Veggie Kabobs

INGREDIENTS

Choose the color-coded veggies you like best for each color of the rainbow

- Blue, indigo and violet vegetables: purple peppers, purple bay carrots, purple cauliflower, black or kalamata olives
- Green vegetables: green peppers, bell peppers, broccoli florets, cucumbers and/or zucchini, snow peas, sugar snap peas
- Yellow vegetables: yellow cherry tomatoes, yellow peppers, yellow summer squash, yellow baby carrots
- Orange vegetables: orange cherry tomatoes, orange peppers, baby carrots or carrot coins
- Red vegetables: red cherry or grape tomatoes, red peppers
- For serving, as desired: your favorite healthy veggie dip or hummus

INSTRUCTIONS

1. For each veggie kabob, start by threading one or two blue/indigo/violet veggies into the skewer, pushing them part way down.
2. Next, thread on green, yellow, orange, and red veggies (in that order - ending with red veggies at the top).
3. Serve with healthy dip, if desired.