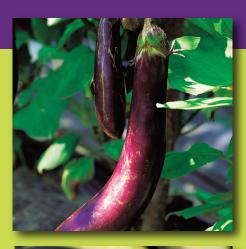


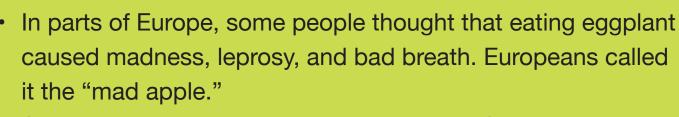
# Hey kids, become a FOOD EXPLORER and check this out!

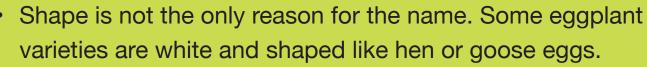
# Eggplant



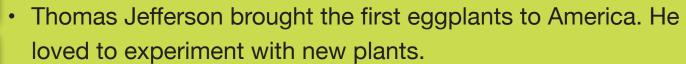
## Did you know...?

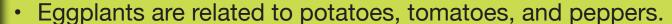
















# **DELICIOUS AND NUTRITIOUS**

- Eggplants are fat-free, low in calories, and high in fiber.
- Ratatouille is a wonderful hot stew made with eggplant, tomatoes, onions, green peppers, zucchini, herbs, and seasonings. It's perfect for a cold winter's day.

#### **A SUPER SNACK IDEA**

Eggplant makes a great spread or dip. Try a dip called baba ghanoush. (It's even fun to say!) Blend the flesh of a fully cooked eggplant with garlic, lemon juice, tahini (a sesame seed butter, like peanut butter), and parsley. It's great with pita bread and fresh raw vegetables.

### EGGPLANT HUMOR

What do chickens grow on?
Eggplants