



# Hey kids, become a FOOD EXPLORER and check out this Month's Discovery...

# Eggplant

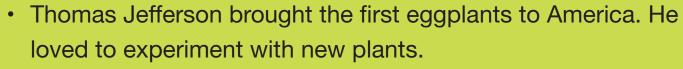




# Did you know...?



- In parts of Europe, some people thought that eating eggplant caused madness, leprosy, and bad breath. Europeans called it the "mad apple."
- Shape is not the only reason for the name "eggplant." Some are also white.
- In the plant kingdom, eggplants are considered berries.



• Eggplant is related to potatoes, tomatoes, and peppers.



# **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 something 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



**Nutrition Education Program** 

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