

try new dishes with your family

**You will find new favorites that your family
will enjoy in future summers.**

Bake eggplant dippers. Serve cabbage slaw made with fresh cabbage and carrots. Bake kale chips. Roast pea pods for a side dish or snack. Enjoy a spinach berry smoothie.

Ask local farmers at the market for their favorite recipes.



eggplant dippers

- 2 small eggplants
- 8 ounces nonfat plain yogurt
- ¼ cup grated parmesan cheese
- spaghetti sauce or pizza sauce

1. Rinse eggplant and cut into ¼ inch slices.
2. Spray a metal baking sheet with a cooking spray.
3. Dip each eggplant slice in yogurt, coating only one side of the slice.
4. Place eggplant slices in single layer on the baking sheet with yogurt side up. Sprinkle with parmesan cheese.
5. Bake in a 450° oven for 10 to 12 minutes.
6. Serve with warm spaghetti sauce or pizza sauce for dipping.

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