AIDAN THE AUBERGINE

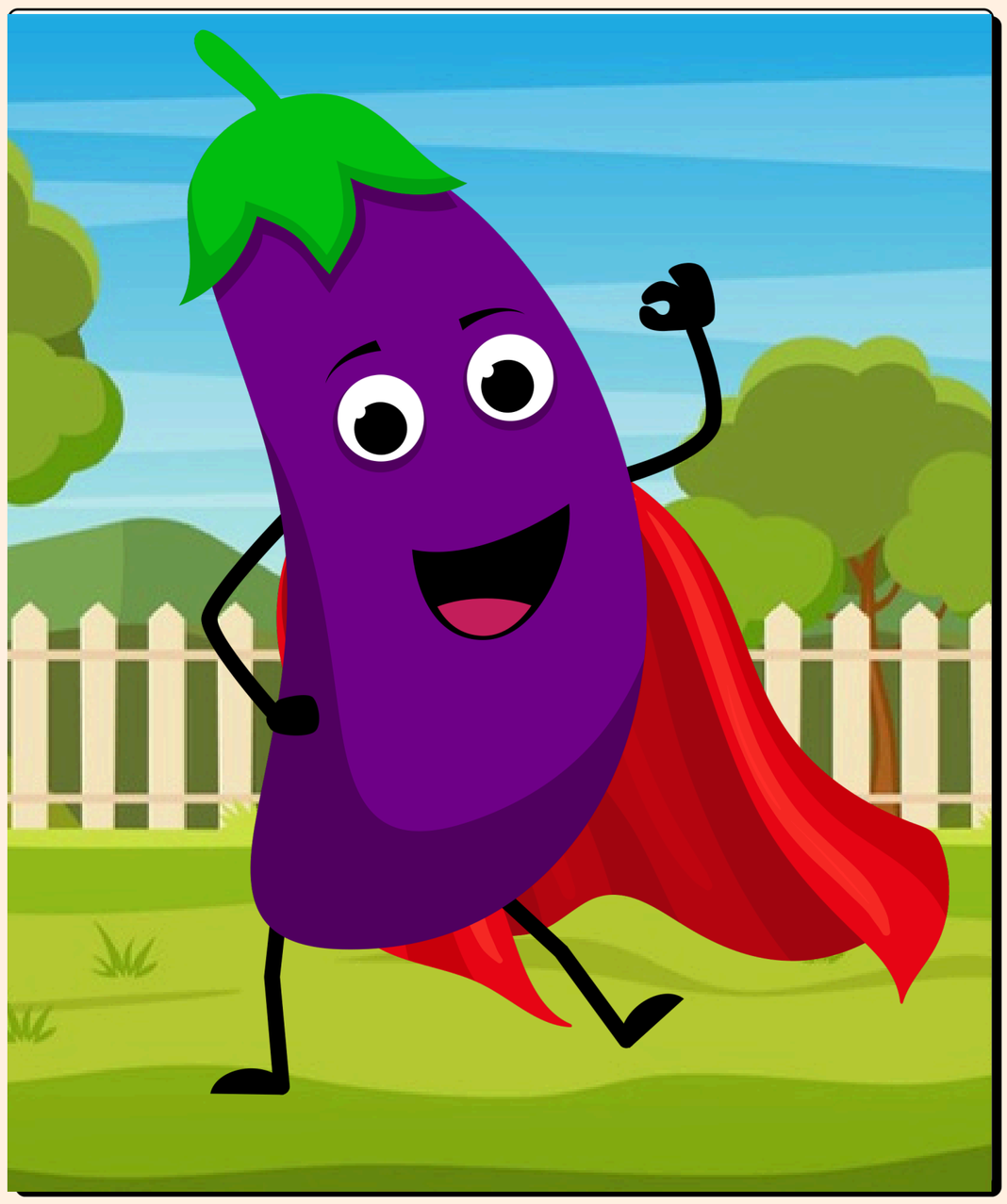
MAY

It's May and we are really excited to introduce our new Superhero Vegetable of the month!

Can you guess who I am?

Who Am I?

- I am a shiny, purple, balloon-looking vegetable
- I am smooth on the outside but when you cut me open I am soft and spongy
- I don't have a super strong taste on my own, but I soak up all the yummy flavours when cooked with other foods



Did You Know?

- I am sometimes called the 'King of Vegetables' because I look fancy and shiny
- I am like a little flavour sponge. I love to soak up sauces and spices, which is why I taste different in every dish.
- I am part of the same family as tomatoes and potatoes
- If you find tiny seeds inside me, that means I am all grown up. The younger ones have fewer seeds
- I can change colour! I am mostly a deep purple but sometimes I can be white, green or even striped like a zebra

Where Can You Find Me?

- India, China, Turkey, Egypt and Italy are some of the main places aubergines are grown
- Aubergines need a warm climate to grow, lots of sunshine and they grow best in rich, well-drained soil.
- Aubergines should be stored at room temperature in a dry place.

Why You Should Eat Me?

First of all, I tastedelicious butbest of all I help you grow big and strong!

- I am rich in ***antioxidants*** which fights off bad guys (called free radicals) by boosting your immune system
- I am high in ***fibre***. This helps you digest food
- I contain ***potassium*** which is important for muscles and heart.

Fun Ways to Eat Me

- You can grill me and add me into a salad
- You can cut me into slices and add me onto a pizza
- You can scoop out my insides and fill me with rice or veggies and cook the insides separately

LOW PROTEIN RECIPE

Crispy Aubergine

(Recipe makes 2 servings)



Ingredients:

- Olive oil spray
- 1 aubergine
- ½ teaspoon Salt
- ¼ teaspoon Black Pepper
- ½ teaspoon Garlic Powder
- ½ teaspoon Paprika
- ½ teaspoon Mixed Herbs

Method:

1. Preheat the oven to 200°C. Line 2 large, rimmed baking sheets with nonstick foil or parchment paper and spray them with olive oil.
2. Using a sharp knife, slice the aubergines very thinly into 0.5 cm thick slices.
3. Arrange the aubergine slices in a single layer on the prepared baking sheets. Spray them with olive oil and sprinkle them with salt, black pepper, garlic powder, paprika and mixed herbs.
4. Bake the slices in the preheated oven for 15 minutes.
5. Remove the trays from the oven, flip the aubergine slices, spray them with more oil, and bake until browned and crispy, 10-15 more minutes. Serve immediately.

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