Can you name these worldly fruits and vegetables?

You may not know some of these fruits and vegetables, but people around the world eat them every day. No need to travel far. Many are at your local grocery store. Give them a try.

1 _____

Hint Dip them in low-fat ranch dressing or use in Chinese stir-fried rice.

2 _____ _____

Hint Use in burritos or in beans and rice.

3 _____

Hint Use in a popular Italian dish, _____ parmesan.

4 _____

Hint Use in Mexican salsa and in Italian pasta sauce.

ANSWERS: 1. carrots 2. black beans 3. eggplant 4. tomato

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1 _____

Hint Tart wedges good with Mexican or Thai food.

2 _____

Hint Use with spinach to make a hot dip.

3 _____

Hint Good in Louisiana gumbo–popular in the South.

4 _____

Hint Use to season foods from around the world.

ANSWERS: 1. lime 2. artichoke 3. okra 4. garlic

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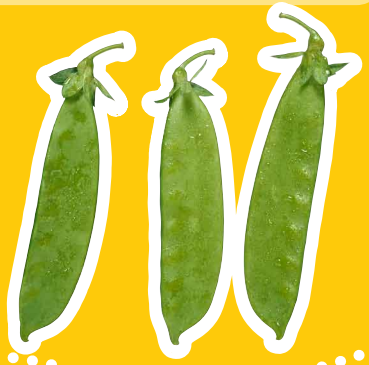
1 _____ _____

Hint Use in hummus, a popular Middle-Eastern dip.

2 _____

Hint Mix with curry to make a popular Indian side dish.

3 _____ _____



Hint Use in Asian stir-fries.

4 _____

Hint Grows in the Caribbean and in South America. Use in smoothies, salsas, and juices.

ANSWERS: 1. chick peas 2. cauliflower 3. snow peas 4. mango

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1 _____

Hint Use in Latin American salads and in Asian stir-fries.

2 _____

Hint Main ingredient of salsa verde (green salsa).

3 _____

Hint A tropical green cousin of the banana.

4 _____

Hint A legume used in the Indian dish, Dahl.

ANSWERS: 1. jicama 2. tomatillo 3. plantain 4. lentils

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