

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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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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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

