

FOR THE SALAD:

- Vegetable oil
- 2 eggplants (about 2 1/2 pounds total), cut into 3 x 3/4 x 3/4 -inch strips
- 2 large green bell peppers, cut into 1/2-inch wide strips
- 2 large red bell peppers, cut into 1/2-inch wide strips

DRESSING:

- 8 large garlic cloves (unpeeled)
- 1/2 cup olive oil
- 3/4 cup red wine vinegar
- 1 tablespoon ground cumin
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons pepper
- 3/8 teaspoon cayenne pepper

FOR THE SESAME

SPREAD:

- 1 cup (2 sticks) unsalted butter, room temperature
- 2/3 cup toasted sesame seeds
- 1 teaspoon salt

8 warm pita bread rounds, cut into wedges

To make the salad: Place rack in top third of oven and preheat to 450°F. Wipe a large heavy baking sheet lightly with vegetable oil. Combine eggplant, peppers, garlic and olive oil in a large bowl. Toss well. Transfer to prepared sheet. Bake until eggplant is brown and vegetables are tender, stirring every 10 minutes, about 50 minutes. Remove garlic and reserve. Scrape vegetables and all pan juices into a bowl.

To make the dressing: Combine vinegar, cumin, salt, pepper and cayenne in a food processor. Peel

roasted garlic; add to processor. Puree until smooth. Toss vegetable mixture with 1/4 cup garlic dressing. Cool, tossing occasionally. (Can be made 1 day ahead. Cover and chill vegetables and remaining dressing separately. Bring to room temperature.)

Mound salad in center of large platter. Surround with pita wedges. Serve, passing remaining dressing and Sesame Spread separately.

To make the sesame spread: Beat butter, sesame seeds and salt to blend in small bowl. (Can be prepared 2 days ahead. Cover and refrigerate. Bring to room temperature before serving.)

SPINACH-STUFFED PURPLE POTATOES

FOR THE SALAD:

- 2 lbs. small (egg-sized) purple potatoes
- 2 cups torn fresh spinach
- 3 tablespoons sour cream
- 2 tablespoons grated Romano, Gruyere or Cheddar cheese
- 1 tablespoon lemon juice
- 1 small clove garlic, peeled and minced
- 1 tablespoon chopped fresh basil (or 1 teaspoon dried)
- Salt and pepper
- Basil leaves and lemon slices

In saucepan, cook potatoes in boiling water to cover 10-15 minutes or just until tender.

Meanwhile, in steamer basket over boiling water, steam spinach 3-5 minutes until tender (or microwave with 1 tablespoon water in covered shallow dish 1 to 1 1/2 minutes).

With a melon baller or the tip of a potato peeler, hollow out a small cavity in the top of each potato. Place the potato pulp in a blender or food processor along with the drained spinach, sour

cream, cheese, lemon juice, basil and garlic. Cover and process until blended. Season to taste with salt and pepper.

Spoon the mixture into the potatoes, mounding on top. Serve as is, cover and chill to serve later, or heat in a lightly greased baking dish, covered, at 375 degrees for 20 minutes or until hot.

Garnish with basil leaves and lemon slices, if desired. Makes 20-24 appetizers.

MIXED BERRY YOGURT MEDLEY

Even if you aren't having guests, you can make this up beforehand and have it for breakfast or lunch a couple of days in a row. Just add the cereal before serving.

INGREDIENTS

- 1 cup organic strawberries
- 2 cups organic blueberries
- 2 cups blackberries
- 1/2 cup non fat organic yogurt or low fat organic yogurt
- 1 tablespoon honey or maple syrup
- 1 tablespoon orange juice
- 2 tablespoons flaxseed oil (this adds a nice nutty flavor and is a great source of omega 3's)

PREPARATION

First, wash the strawberries, blueberries and raspberries, then cut strawberries in half and put into a bowl with the other berries.

Add other ingredients, mix together and serve with a nice slice of whole grain toast or combine it with a hearty granola.

EAT COLORFULLY

AT



SERIOUS FOOD... SILLY PRICES®

CELEBRATE NUTRITION WITH

BLUE

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BLUE/PURPLE

Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their antioxidant and anti-aging benefits. Include BLUE/PURPLE in your low-fat diet to help maintain:

- A lower risk of some cancers*
- Urinary tract health
- Memory function
- Healthy aging

*Low-fat diets rich in fruits and vegetables and low in saturated fat and cholesterol may reduce the risk of some types of cancer, a disease associated with many factors.



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EAT COLORFULLY

Go ahead – eat a rainbow. Scientists say consuming food in a rainbow of colors is essential for optimum health.

DID YOU KNOW
purple Peruvian potatoes
were once considered food
for the gods?



Get blue/purple foods every day such as:

Blackberries
Blueberries
Black currants
Dried plums
Elderberries
Eastern carrots
Purple figs
Purple grapes
Plums
Raisins
Purple asparagus
Purple carrots
Eggplant
Purple Belgian endive
Purple peppers
Potatoes (purple fleshed)
Black salsify

BLUEBERRIES

Just a half cup of blueberries satisfies one of the recommended five-a-day servings of fruits and vegetables. The USDA ranks blueberries #1 in antioxidant activity. They have the highest concentration of disease-fighting compounds of any food. Blueberries offer twice as many health-giving antioxidants as spinach, more than three times as many as oranges, red grapes and cherries and more than four times as many as grapefruit, white grapes, bananas and apples. Blueberries have been shown to improve memory, balance, and coordination. A cup of blueberries provides nearly a third of the recommended daily amount of vitamin C.

PURPLE GRAPES have long been associated with convalescence and detoxification and can help relieve a wide range of ailments from teen skin disorders to urinary infections. They have a cleansing effect on all the body's systems and have been shown to have both antiviral and antibacterial properties in various studies.

- Frozen wild blueberries can be found year-round and are a healthy and delicious snack for people on the go.
- Sprinkle raisins on a salad.
- Drink a cup of grape juice or red wine, which may assist in cancer prevention and improve memory.

ANTHOCYANINS

are powerful antioxidants that can help protect against heart diseases by improving circulation and preventing blood clots. They provide numerous anti-ageing phytochemicals that help keep the blood circulating and help counter diets rich in processed foods.

