

Blue and Violet make a meal look great!

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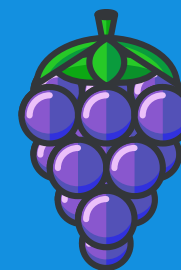
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Blue Corn

Blue corn contains cancer-fighting anthocyanins, the compound responsible for its blue color. Researchers are studying blue corn so they can understand its beneficial health effects which may include lower body fat and higher HDL.

Eggplant

Eggplant has a similar texture to some mushrooms and is most often used in eggplant Parmesan. Try it roasted with olive oil and zaatar seasoning or add it to your grill. It's also excellent in ratatouille, a French vegetable stew with tomatoes, onions, peppers, and squash. Eggplant is a good source of fiber and provides just 20 calories in a 1-cup serving.

Cabbage and onions

Purple **cabbage** may be seen as an "extra" in bagged salads, but this beautiful vegetable is more than just a pretty face. Purple cabbage is an excellent source of vitamin C and K in addition to beta-carotene. Purple **onions** are mild and sweet and they are delicious on veggie burgers and in salads.

Grapes

Purple grapes make a great snack on their own or can be sliced and added to chicken salad, green salad or fruit salad or frozen for a healthy summer treat. They're also a nice addition to fruit compote for chicken or pork or served over your favorite ice cream.