

## Aubergine



## Marrow



## Courgette



1 Use a knife to cut away stalk.

2 Cut away skin using a vegetable peeler, and slice as above (Peeling is optional).

3 Can be cut into lengths or slices.

$\frac{1}{4}$  = 1 of  
your 5 a  
day

### Tips

All the above vegetables can be prepared using the same method, they can all be roasted, grilled, steamed, and make a delicious meal when added to tinned tomatoes.

#### **Why not try Aubergine on toast?**

Place slices of aubergine onto a slice of toast.

Drizzle with olive oil.

Place under grill until warm.