



*Bringing You a Whole New  
Taste in Eggplant*

Today eggplant is the perfect food for a healthy lifestyle. With no cholesterol, no trans fatty acids and low in carbohydrates it is the perfect addition to any meal. Fully cooked, just heat and serve with a favorite side or sauce.



## **BATTERED EGGPLANT FRIES**

#82240 2/5 lb.

Deep fry at 350°F for 1-1 1/2 minutes or preheat oven to 450°F a bake in a single layer for 15-17 minutes.



## **EGGPLANT PARM BITES**

#82242 2/5 lb.

This classic combination of healthy eggplant, zesty marinara sauce and rich cheeses is ideal for snacks, appetizers or as part of a complete meal, along with a soup or salad. They are a quick and easy, convenient new way to enjoy the great taste of traditional Eggplant Parmesan....at mealtime or anytime. Only 38 calories per bite! Deep fry at 350°F for 3 minutes or bake at 350°F for 10 minutes.



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