

Diversify Your Mealtime



Italy



Fun Fact:

Italians have eaten pasta since the 4th century B.C.

Local Produce:

- Olives
- Grapes
- Tomatoes
- Rice

Popular Foods:

- Pizza
- Risotto
- Prosciutto
- Bruschetta

Recipe:

Visit <u>Here</u> for an easy Bruschetta Recipe.

Peru



Fun Fact:

Peru provides half of the world supply of quinoa.

Local Produce:

- Asparagus
- Quinoa
- Avocado
- Cassava

Popular Foods:

- Ceviche
- Causa (Potato Casserole)
- Rocoto Relleno
- ❖ Lomo Saltado

Recipe:

Visit <u>Here</u> for an easy Lomo Saltado Recipe.

India



Fun Fact:

Has the largest number of vegetarians in the world.

Local Produce:

- Milk
- Rice
- Sugar Cane
- Potatoes

Popular Foods:

- Chicken Biryani
- Palak Paneer
- Chicken Tikka Masala
- Aloo Gobi

Recipe:

Visit <u>Here</u> for an easy Aloo Gobi Recipe.

Kenya



Fun Fact:

Coffee and tea are two of Kenya's largest exports.

Local Produce:

- Maize
- Wheat
- Onions
- Mangoes

Popular Foods:

- Ugali
- Chapati
- Kachumbari
- Sukuma Wiki

Recipe:

Visit <u>Here</u> for an easy Sukuma Wiki Recipe.

What country will you visit today?

| Country: |
|---|
| Where is this country? |
| What are some famous cities in this country? |
| What is a fun fact about this country? |
| What is the climate? |
| What foods do they grow based on the climate? |
| What are their staple foods? |
| What recipes can you try from this country? |









Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United Sates Department of Agriculture.