



Taste and Savor

1 Quick Recipe:

Black Eyed Peas Sliders

3 Cups Cooked Black Eyed Peas OR
2 (15 OZ) Cans Black Eyed Peas,
rinsed and drained

1 Large Egg, beaten

1 1/2 Cups Minced Red Pepper

3 TB Minced Jalapeño

2 Cups Cooked Brown Rice

2 Cups Rice Cracker Crumbs

1 Cup Minced Celery

1 Cup Minced Green Onions

3 Garlic Cloves, grated

1/2 Cup Olive Oil Mayonnaise

1 Cup Chopped Spinach, (if frozen
defrosted and very well drained)

1 TB Smoked Paprika

1 Tsp Sea Salt

1/2 Tsp Freshly Ground Black Pepper

Mini Cornbread Muffins

*Spicy Sweet Red Pepper Jelly Sauce

1 Cup Kale, Finely Sliced

Step One In a large bowl mash the
black-eyed peas. Add the egg and
the next 12 ingredients to a bowl.

Mix well. Spray or grease a mini
muffin tin with olive oil. Scoop about
a TB of the mixture into each well of
the tin. Pat down lightly. Bake at
400F for 15 - 20 minutes.

Step Two Cut a cornbread muffin in

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

half and place
the black-eyed
pea slider in the
muffin, and top
with kale and:

*Spicy Sweet Red Pepper Jelly Sauce

1 Cup *Red
Pepper Jelly

2 TB Dijon Mus-
tard

2 Tsp Horse-
radish

1 TB Orange
Zest

Stir ingredients
together in
small bowl.



2 Kitchen Scoop

Cornbread Muffins (Gluten Free)

2 Cups Yellow Cornmeal

1 Tsp Baking Soda

2 1/2 Tsp Baking Powder

1 TB Sugar + 1/2 Tsp Sea Salt

1 TB Extra Virgin Olive Oil

1 Cup of Mashed Cannellini Beans

1 Large Egg, lightly beaten

4 Large Egg Whites, lightly beaten

2 Cups Light Buttermilk

Step One Preheat the oven to 400F.

Combine cornmeal, soda, baking
powder, sugar and salt in a bowl and
whisk together with a fork.

Step Two In another bowl, combine the
oil and beans. Stir in the eggs, whites
and buttermilk, then add the cornmeal
mixture and stir until JUST blended.

Step Three Spoon the batter into a
oil sprayed mini muffin tin and bake
in the middle of a preheated 400F
oven for about 15 minutes.

3 Clever Idea

I used Brenda's, (the Passionate
Preserver), lower sugar *red pepper
jelly in the sauce. Lower sugar
means lots more fruit flavor! Find her
jellies and jams here:

[The Passionate Preserver](#)

4 Cheers!

Crios Susanna Balboa Torrontes

Mendoza Argentina
About \$15.00

Full of fruit flavor like peaches and melon,
this white wine is a fun change from the
same old chardonnay or pinot grigio. Su-
sanna Balboa is a "rock star" wine maker in Ar-
gentina, creating wines from af-
fordable like this one, to wines costing hundreds of dollars. Torrontes is indigenous
to Argentina and its ripe juicy flavors and aromas are a super pair with the slightly
spicy burgers.