



## 1 QUICK RECIPE:

### Pepper Jelly Chicken with Blackeyed Pea Salsa

2 TB Olive Oil, divided  
 4 Boneless Skinless \*Chicken Breasts  
 Salt and Black Pepper to Taste  
 2 Cloves Garlic, Grated  
 ½ Tsp Red Pepper Flakes  
 ¼ Cup White Wine (or Apple Cider)  
 ½ Cup Pepper Jelly  
 ¼ Cup Dijon Mustard

**Step One** Heat half the oil over medium heat in a sauté pan with lid. Season the chicken with salt and pepper, then sauté until just golden. Remove from the pan and set aside.

**Step Two** Heat the remaining oil, add the garlic and red pepper flakes. Cook and stir for one minute. Add the wine, jelly and mustard. Stir and cook until melted.

**Step Three** Return the chicken to the pan, cover with the lid and finish cooking in the sauce about 10 minutes or until 165F on an instant read thermometer. Remove and set aside, keep warm while you make the

#### *Black-eyed Pea Salsa*

1 TB Olive Oil

½ Cup Chopped Pancetta  
 1 Cup Minced Red Onion  
 2 Cloves Garlic, Grated  
 1 Tsp Ground Cumin  
 ¼ Tsp Pepper  
 1 (16 OZ) Bag Frozen Black Eyed Peas, Prepared as Package Directs  
 1 (15 OZ) Can Fire Roasted Chopped Tomatoes  
 ½ Cup Chopped Fresh Cilantro

1 Cup Chopped Sweet Cherry Peppers  
 Sea Salt and Pepper to Taste  
 Heat the olive oil over medium heat and sauté the pancetta until just brown, add the onion, cook and stir for 3 - 5 minutes. Add the garlic. Stir in the cumin, pepper, peas and tomatoes and bring to a boil. Remove from the heat and stir in cilantro and peppers. Season to taste with salt & pepper.

## 2 KITCHEN SCOOP

Have you noticed how enormous chicken breasts are these days? They can be tricky to cook evenly—but

This dish calls for a crisp, fruity wine to balance the sweetness and spice of the pepper jelly—and Pinot Gris fits the bill perfectly. While it's made all over the world, we have excellent Pinot Gris right

here in the U.S. One favorite is **R. Stuart & Co. Big Fire Pinot Gris** from Oregon's Willamette Valley. It's juicy, fruit-forward, and perfect for a week-night dinner or sharing with friends.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



there's a simple solution. Check out **THIS** short video on my website where I show you exactly how I cut chicken for better, easier cooking.

## 3 CLEVER

Although pepper jelly is made all over the U.S., I still think of it as a quintessential Southern spread. And because I love jams and jellies that truly taste like the fruits they're made from, I always reach for *The Passionate Preservers* pepper jelly. She uses more fruit and less sugar to create her wonderful spreads—so they taste fantastic, and I feel good enjoying them. Find her jams here: <https://www.thepassionatepreserver.com/>

## 4 CHEERS!

**R. STUART BIG FIRE**  
 Willamette Valley Oregon  
 About \$15