

Black Eyed Peas & Greens



Ingredients

- 1 ½ cup brown rice uncooked
- 1 bunch kale, sliced
- 1 small red onion, chopped
- 4 garlic cloves crushed or 1 Tablespoon garlic powder
- 2 Tablespoons butter
- 3 cups cooked black-eyed peas
- 15 oz can diced tomatoes, drained
- Salt and pepper to taste

Instructions

1. Cook the brown rice as directed on the package.
2. Slice the stem out of the kale.
3. Roll up the leaves together and slice down, so it will cook faster.
4. In a large skillet, melt the butter, then add the chopped onion and the crushed garlic.
5. Saute for 3-4 minutes, or until onions begin to turn translucent.
6. Then add the sliced greens and saute for 2-3 minutes, or until wilted.
7. Then stir in the black-eyed peas and the diced tomatoes. Let simmer on low for 10-15 minutes.
8. Serve the Black-eyed Peas and Greens over Brown Rice.

Adapted from 5dollarinnings.com

Blueberry Balsamic Chicken Wraps



Ingredients

- 2 lettuce leaves, washed and dried
- 3 ½ ounces cooked chicken breast, cubed or rotisserie chicken
- ¼ cup blueberries
- 1 ounce crumbly cheese
- ½ tablespoon balsamic glaze
- ⅛ teaspoon pepper
- ⅛ teaspoon salt
- ½ ounce pecans, crushed, optional

Instructions

1. Arrange lettuce leaves on a serving platter and top with the chicken and blueberries, dividing evenly between the lettuce leaves.
2. Top with cheese and pecans; drizzle with balsamic glaze, and salt and pepper to taste.

Adapted from blueberry.org

NEXT BOX:



ORDER BY THURSDAY, SEPT 3. PICK-UP WEDNESDAY, SEPT 9.
ORDER BY THURSDAY, SEPT 17. PICK-UP WEDNESDAY, SEPT 23.

Glazed Cantaloupe Bread

Ingredients

- 3 eggs
- 1 cup unsweetened applesauce
- 1 cup sugar
- 1 Tablespoon vanilla extract or imitation extract
- 2 cups pureed cantaloupe (about one 5-inch round melon)
- 3 cups all-purpose flour or whole wheat flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- $\frac{3}{4}$ teaspoon baking powder
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$ cup butter (for glaze topping)
- $\frac{2}{3}$ cup brown sugar (for glaze topping)

Instructions

1. Preheat the oven to 325 degrees F. Lightly grease and flour two, 9 x 5-inch loaf pans.
2. In a large mixing bowl beat together eggs, applesauce, sugar, vanilla and pureed cantaloupe.
3. In a separate bowl, mix flour, salt, baking soda, baking powder, and cinnamon.
4. Add flour mixture to cantaloupe mixture; mix just until combined, then pour batter into prepared pans.
5. Bake in the middle of a hot oven for 60 to 70 minutes. A toothpick pushed into the middle of the loaf should come out clean. The top should bounce back when you press it.
6. Let loaves sit in pans for 10 minutes. Slide a knife around the edge. Then take them out of the pans onto a rack to cool.

For Glaze

7. Combine butter and brown sugar in a microwave safe bowl. Microwave on high for 3 minutes, stirring well at 1 minute intervals, until smooth and sugar is melted. Pour glaze over warm loaves. Allow glazed loaves to cool one hour before serving.

Tips/Notes

- Want to add a little crunch? Try adding your favorite nut(s) to the glaze when topping!

Adapted from fcs.mgcafe.edu



Roasted Shrimp with Okra



Ingredients

- 1 pound (21 to 30 count) peeled and deveined shrimp (tails on), fresh or thawed from frozen
- 2 Tablespoons dried oregano
- $\frac{1}{2}$ Tablespoon smoked paprika
- Salt and black pepper
- $\frac{1}{4}$ cup oil, divided
- 1 pound okra, trimmed
- 1 tomato, chopped
- Lemon wedges, for serving, optional

Instructions

1. Heat the oven to 450 degrees and lightly spray a sheet pan.
2. In a medium bowl, combine the shrimp, oregano, smoked paprika, a few pinches of salt and 2 tablespoons of oil.
3. Mix well and set aside.
4. Add the okra and tomatoes to the sheet pan, season with salt and several cracks of black pepper, then drizzle the remaining 2 tablespoons of oil over top.
5. Mix well, spread evenly then place on the top rack of the oven.
6. Roast until the okra is softened and the tomatoes are soft and have released their juices, about 15 minutes.
7. Take the pan out of the oven, put the tomatoes and okra in a large bowl, then spread the shrimp evenly on the same pan and toss to coat in the pan juices.
8. Return the pan to the oven and roast until the shrimp are cooked through, 4 to 5 minutes.
9. Remove the shrimp from the oven, then toss with the okra and tomatoes, along with any pan juices.
10. Serve with a squeeze of lemon if using and enjoy!

Adapted from cooking.nytimes.com