

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Hearty, Flavorful and Easy Veggie Dinner!

### Dinner Tonight + Yummy Leftovers: Kale and Black Eyed Pea Stew

1 TB Extra Virgin Olive Oil  
1 Yellow Onion, Chopped  
2 Carrots, Chopped  
5 Garlic Cloves, Chopped  
1 Tsp Thyme Leaves  
¼ Tsp Crushed Red Pepper  
4 Cups Veggie Broth  
1 (15 oz) Can Fire Roasted Tomatoes  
5 Cups Chopped Kale  
1 Bag Frozen Black-eyed Peas,  
Cooked as Package Directs  
Greek Yogurt, Sliced Green Onions  
and Chopped Tomatoes to Garnish

**Step One** Heat the oil in a stockpot over medium heat. Add the onion and carrots and cook and stir until

just tender, about 5 minutes. Add the garlic, thyme and crushed red pepper and cook until fragrant.

**Step Two** Add the broth, tomatoes and their juice. Bring to a boil, scraping up any browned bits. Stir in the kale; reduce the heat to maintain a simmer and cook, stirring occasionally, until the greens are tender, 5 to 10 minutes. Stir in the black-eyed peas, taste for salt and pepper, garnish with yogurt, green onions and tomatoes and serve.

### 2 Kitchen Smidgen

Black-eyed peas are a staple here in the South. We eat them year round in soups, stews, salads and casseroles. Did you know the black-eyed pea is

thought to have originated in North Africa? It may have been introduced into India as long as 3,000 years ago, and was also a staple of Greek and Roman diets. The peas were probably brought to the New World by Spanish explorers and African slaves.

### 3 Get Creative

Making Veggie stock is very simple, you just clean and cut some vegetables like celery, carrots and onions in large pieces, add some herbs and peppercorns, put it all in a pot and cover with water. Bring to a boil and simmer for about an hour. Strain the veggies out and keep in the refrigerator for about a week or the freezer for 6 months.

## 4 WINE of the Week

### Cycles Gladiator Pinot Noir

California  
Kroger, Publix around \$14.00

This is Pinot Noir for non-red wine drinkers. Jammy, fruit forward with cherry and plum flavors along with vanilla fill the mouth while soft, velvety tannins and balanced acidity makes this wine perfect to stand up to any stew - veggie or otherwise. It's light enough to drink on its own, and will pair with almost anything from salmon to chicken to takeout pizza. The beautiful eye-catching label may attract you first - it symbolizes a celebration of the freedom and happiness that pervaded Europe in the late 19th century—an era known as the Belle Epoque.