

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: A Great Taste Combination for The New Year!

Serve the Salsa With Chips, Too:

Southern Pepper Jelly Chicken

1 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 Stone Ground Dijon Mustard

Step One Heat half the olive oil over medium heat in a **11" Chantal Copper Fusion 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. Remove and set aside while you make:

Warm Black-eyed Pea Salsa

1 Tsp Olive Oil
½ Cup Chopped County Ham or Smoked Turkey*
1 Cup Minced Red Onion
2 Cloves Garlic, Grated
1 Tsp Ground Cumin
¼ Tsp Freshly Cracked Black Pepper
1 (16 oz) Bag Frozen Black Eyed Peas, Prepared as Package Directs
1 (14 ½) Can Chopped Tomatoes
½ Cup Minced Fresh Cilantro
¾ Cup Chopped Sweet Cherry Peppers
Salt and Black Pepper to Taste

Heat the olive oil over medium heat and sauté the ham 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 Smidgen

I am frequently asked what kind of pans to buy. I have been working with the **Chantal Copper Fusion** cookware line - and it performs great. I love the copper that heats fast and evenly, and the enamel lining makes clean up a breeze!

3 Get Creative

*If you are watching fats and calories in the new year, try using smoked turkey when recipes call for ham or bacon. It will give you a similar smoky, meaty taste.

4 WINE of the Week

Torres 2006 Celeste Red 7:00 PM
Ribera del Duero, Spain

Cost Plus around \$12.00

Ribera del Duero is known for its amazing Tempranillo and this one is no exception - it's full of the delicious aroma and taste of cherries and herbs. On the label, Celeste is from celestial skies, and 7:00 PM reflects the red color of the Ribera Del Duero sky at 7.