

# LYNCHBURG

is for 

# LOCAVORES

COOKING DEMONSTRATION WITH  
*City Places Food & Company*



## Fig & Apple Grilled Cheese

2 slices sourdough bread  
1 slice provolone cheese  
1 slice cheddar cheese  
1 apple, thinly sliced  
1 tablespoon fig jam  
4 slices of bacon

Spread a thin layer of fig jam on one slice of bread, top with provolone cheese, 4 slices of cooked bacon, sliced Apple, cheddar cheese and Grill thoroughly until cheese is melted.

## Vegan Quinoa Salad

2 cups quinoa  
2 cups cherry tomatoes  
1/2 cup sliced black olives  
1 cup chickpeas  
1 cup fresh spinach

Dressing:

1/4 cup olive oil  
1 tablespoon apple cider vinegar  
salt & pepper to taste

Make the quinoa according to package instructions. chill in the refrigerator for 30 minutes. Cut the tomatoes in half lengthwise, add spinach, chickpeas, olives, tomatoes and mix thoroughly. Mix the dressing and drizzle on top of quinoa mix. Serve chilled.