

LYNCHBURG

is for 

LOCAVORES

COOKING DEMONSTRATION WITH
Ivy Frank of Forest Kroger



Fruit Salsa

- 2 granny smith apples
- 2 cups diced fresh pineapple
- 1 medium poblano pepper, seeded and diced
- 1 large red bell pepper, seeded and diced
- ½ cup Vidalia sweet onion, diced
- 3 Tablespoons honey
- 1 teaspoon salt
- ¼ cup pepper
- 1 tablespoon fresh parsley
- ½ cup sliced scallions
- 2 tablespoons red wine vinegar
- 2 tablespoons lime juice

Whisk together honey, vinegar, salt, pepper, parsley and lime juice in a large bowl. Add apples, pineapple, peppers and onions. Serve over grilled chicken or with your favorite tortilla chips.

MORE RECIPES ON BACK!

Enjoy and come back next week for another

LOCAVORE DEMO



Sweet & Savory Dip

3 cups cream cheese
1 cup mayonnaise
½ cup sour cream
3 cups shredded white cheddar cheese
1 cup thinly sliced scallions
¼ cup dried parsley
1 ½ cups red pepper jelly
1 cup of cooked and chopped bacon

Combine cream cheese, mayonnaise, sour cream, cheddar, scallions, dried parsley in a large mixing bowl and blend well. Add red pepper jelly blend well. Place in a baking dish and top with bacon. Bake at 300 degrees for 20 mins or until dip is heated thoroughly.

White Cheddar Pimento Cheese

1lb extra sharp white cheddar, shredded
1 cup mayonnaise
1 tablespoon whole grain mustard
1 teaspoon Dijon mustard
½ teaspoon salt
½ teaspoon pepper
3 tablespoons fresh parsley, minced
½ cup minced roasted red bell pepper
½ cup minced roasted yellow bell pepper

Combine the shredded cheese with mayonnaise, whole grain mustard, Dijon mustard, salt, pepper, parsley, and roasted bell peppers in a large bowl. Blend well and store for up to 7 days in the refrigerator.