

EAT FOR LUCK AND PROSPERITY THIS NEW YEAR'S !!

Double your luck with any of these traditional favorites:

- Collard Greens and Black Eyed Peas: The peas represent coins and the greens symbolize paper money. Added luck when you take into account that dark leafy greens are pretty much the best 'nutritional bang for your buck' to start off a healthy year.
- Cornbread, often served with black-eyed peas and greens, represents gold.
- Black-eyed Peas served with stewed tomatoes represents wealth and health.
- Hoppin' John: This traditional New Year's dish combines black-eyed peas with rice and pork for an especially lucky mix. Because it expands when it cooks, rice represents swelling prosperity. The pig is associated with progress during the year ahead because of the way it uses its snout to dig forward into the dirt (unlike the chicken or turkey that scratches backward). Check out the recipe below!

HOPPIN' JOHN RECIPE

Ingredients:

- * 1 cup chopped onion
- * 1 tablespoon bacon drippings
- * 3 cups cooked black-eyed peas
- * 1 cup chopped cooked ham
- * 1/4 teaspoon ground cayenne pepper
- * 3 cups hot cooked rice
- * salt to taste
- * sliced sweet onion, optional

PREPARATION:

In a large saucepan sauté chopped onion in bacon drippings until tender. Stir in black-eyed peas, ham, and cayenne pepper. Simmer for 10 minutes; stir in hot cooked rice and salt. Serve Hoppin' John hot with sliced onion.

Hoppin' John recipe serves 4 to 6.

*Add a shiny penny or dime to the pot just before serving. Whoever ends up with the coin in their bowl is sure to have a prosperous year.

TEXAS BLACK EYED PEA CAVIAR DIP

Ingredients:

- * 3 cans drained black eye peas with chopped jalapeno peppers
- * 1 purple onion, chopped
- * 3 tomatoes, chopped
- * 3 cloves garlic, chopped
- * 2 avocados, chopped
- * 2 jalapeno peppers, chopped
- * 1 green bell pepper, chopped
- * 1/2 bunch of cilantro, chopped
- * Italian Salad Dressing

PREPARATION:

After you chop all this up, add enough Italian dressing to get the consistency that you want for a dip. Add salt and pepper and refrigerate overnight. Serve with tortilla chips.

City Feed has stocked up on lucky foods for your New Year's celebrations.
Here's to a happy, healthy, and prosperous 2009.
Happy New Year ! from City Feed!