

20 Minute Chicken and Vegetable Stir Fry

Ingredients:

½ or 1 whole chicken breast, cubed

1 cup each chopped celery and onion

3 or 4 small to medium sliced squash

Directions:

Sauté cubed chicken breast in a little olive oil 3 to 4 minutes

Add celery, onion and squash to chicken. Stir until done.

Increase or decrease the amount of ingredients above to serve your family.

Serve on a platter with soy sauce or hot mustard and/or serve over a bed of brown rice (1 cup dry makes 2 cups cooked).



Uptown Beans & Cornbread

3 cups dry pinto beans

Soak overnight. Rinse and put back in fresh water just to cover

Add: 1 small can Rotel tomatoes

3-4 Beef Bouillon cubes

Small ham hock

Cook on low heat for 2 hours

Serve with a pan of cornbread and Cabbage Salad

Cabbage Salad

1 pkg shredded cabbage (or ½ head, shredded)

½ cup mayonnaise

Sprinkle with garlic powder, parsley flakes and 1 TBS each of sugar and vinegar

Stir until well mixed.

For information about Howard County Farmers' Market, events at the market or demonstration garden or how to become a market vendor, contact
Market Managers:

Debra Bolding, (870) 557-2352

Glenda Rice, (870) 845-8859

Mary Hartness, (501) 472-8092

Carolyn Prescott, (870) 874-2204

or pick up an application packet at:
Nashville Chamber of Commerce

107 South Main
Nashville, AR 71852
(870) 845-1262

Visit the Farmers Market page at the
Chamber of Commerce website at

nashvillear.com

and check the

**Growing Healthy Communities Calendar
of Events** at the Chamber Website as well!



Vivian Pope

**Howard County
Farmers Market**

August 16, 2013