

SPOTLIGHT  
Helping you make healthy choices!



# Authentic Soul Food Educational Seasonings

At the Exhibition Table, Thursday February 26<sup>th</sup> 2009

Try Samples of:

## Fried Chicken

Chef Charlene & Chef Roxy's Homestyle Recipe

## Louisiana Dirty Rice

Chef Charlene's New Orleans Recipe

## Collard Greens

Chef Roxy's Boiled Greens & Ham

## Homemade Cornbread

With Maple Syrup Butter

## Stewed Okra & Tomatoes

Mild & Vegetarian