

MY TABLE TO YOUR TABLE

by Debra Barnes

DIP INTO SOMETHING DELICIOUS!

I must admit that I'm just a little addicted to watching food related reels. Who knew so many people knew how to do and cook so much! Countless varieties of the same dish! All of which look remarkable and delicious. Young and old are jumping on the "let me show you how easy it is" bandwagon. I love it!

I came across this recipe and could not wait to make it. I made a few changes to be more towards my liking and immediately fell in love with the result. Butter Bean Artichoke Dip! Butter Beans are just lima beans that have been allowed to grow a little longer which makes them larger in size. They are super healthy, loaded with protein and fiber. You make it just like a hummus with a few of the same ingredients. Perfect with crackers, vegetable slices or smeared on toast with sliced avocado. Super easy to throw together and bring to any get together.

I did research on obtaining artichokes that are not in a can or marinade. I found that Trader Joes sells them in their freezer section. My recipe below calls for canned and *not* marinated. I find that all that oil and seasoning is tasteless and full of unneeded calories. Adding your own spices and extra virgin olive oil will result in a lovely velvety consistency and flavor. I also like to cook dried beans from scratch when I have extra time. I found the Rancho Gordo brand to be off the charts! (RanchoGordo.com) When you order from them at \$50 or more, the shipping is free. They sell a large variety of dried beans, lentils, herbs, and spices. I ordered an extra package of Butter Beans so I can try growing them!

Kitchen Tips: New product packaging is changing while many recipes are not. A perfect example is the can of beans I purchased for this recipe. They have always been 16 oz. They are now 15.5. The price is more but you are getting less. Another example is most dried pasta is no longer a pound but 12-14 oz. Sugar was always a 5-pound bag; it is now 4 pounds. Be sure to read and reread your recipes for amounts called for. There are going to be times when you end up having to purchase 2 of something to get enough for your recipe.

Money Saving Tip: When ordering a pizza for home, order it with just cheese. It is so much less expensive to put on your own toppings! Extra cheese, onion, pepper, garlic, hots, pepperoni and so many more! Make sure your oven is hot, slide onto an extra-large cookie sheet and heat. Depending on the size, you may have to do half at a time. Use your broiler if you are just adding extra cheese.

Garden Notes: I will be starting my heirloom tomato seeds at the beginning of April with a sale date usually just after Mother's Day. Be sure to reach out, if there is a specific variety that you loved from last year. I will also have some herbs and flowers. Any tomato growing questions can be sent to me via Instagram. The Bow Garden Club is also a great resource!



BUTTER BEAN & ARTICHOKE DIP

- 1 15.5 oz. can Butter Beans drained and rinsed
- 1 15.5 oz can Artichoke Hearts drained and squeezed of excess liquid
- 2 large cloves garlic
- Juice of 1 large lemon
- 2 TBSP Tahini
- ½ tsp kosher salt
- ½ tsp fresh ground black pepper
- ¼ cup good quality extra virgin olive oil
- Good pinch of cayenne pepper or smoked paprika
- 1 TBSP chopped fresh parsley or chives

Equipment needed:
Food Processor

Add beans, artichokes, garlic, lemon juice, tahini, salt and pepper to the processor. Blend for about 10-15 seconds stopping once to scrape down the sides. Add the olive oil and process for another 10 seconds or until the dip is smooth. Remove to a shallow bowl. Using a large spoon create a few divots that will hold an additional drizzle of olive oil. Sprinkle with the cayenne and chopped parsley. You can store it in the fridge for at least 5 days.

Be sure to follow my Instagram page #EAT603. You can also check out more recipes on The Bow Times website: www.thebowtimes.com. Debra Barnes is a chef and avid gardener. She lives with her husband Randy in Bow.

TOWN OF BOW EASTER EGG HUNT & BREAKFAST BUFFET

Breakfast provided by the Bow Community Men's Club

Time: 8:00 to 9:45 AM **Location:** Bow Elementary School Cafeteria

Price: \$6.00 for Children 12 and under \$10.00 for Adults

The Easter Bunny will be hopping by during breakfast so be sure to bring your camera!

Tickets are available online at www.bowmensclub.org or may be purchased at at door with **cash only**.

EASTER EGG HUNT HUNT BEGINS 10:00 AM AT THE BES PLAYGROUND GAMES FROM 10:15 TO 11:00 AM

Open to Bow Resident Kids Grades 4 and Under
Bring Basket for Collecting East Eggs

EASTER BONNET & HAT PARADE

Decorate Your Hats or Bonnets – Join the Parade at 9:45



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UKRAINE FUNDRAISER

SATURDAY, APRIL 1, 2023



Concord's Unitarian Universalist Church will sponsor a benefit concert and traditional Ukrainian supper on Saturday, April 1, from 5:30 to 9:15 p.m. to support humanitarian efforts for Ukraine. The Concert for Ukraine features The Hot Skillet Club, Northern Lights, The Wholly Rollers, and Ukrainian musicians playing traditional accordion music. All proceeds will benefit the Sunflower Network (501c3). A traditional Ukrainian supper will precede the concert, which will follow from 7 to 9:15 p.m.

- Live traditional Ukrainian music will be provided during dinner.
- Dinner \$15 children under 5 free. Concert \$20 three musical groups.