

Cooking with a Conscience

Dinner with Eco-Chef Bryant Terry

Demonstration

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**Citrus Collards with Raisins Redux**

--A brand new classic dedicated to Memphis--  
Featuring a collard Greens chiffonade cooked with garlic and orange juice

### **Beverages**

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Agave-Sweetened Orange-Orange Pekoe Tea

--Sweet goodness for those sweltering hot summer days--
A cinnamon-infused orange juice, nectar, and black tea

Appetizers

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**Spicy Goobers**

--From the Bantu word "nguba," Goobers are Southern word for peanuts--  
Salty peanut snacks with a kick

**Garlicky Baby Lima Bean Spread**

--A sweet, dense spread for all types of breads and crackers--  
Flavorful lima bean-based spread with sage, cumin, and kombu (Japanese kelp)

### **Main Course**

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Gumbo Z

--A New Orleans-inspired stew filled with nutrient-dense greens--
Mixture of greens and other vegetables with a simple stock and hot apple cider vinegar broth

Creole Hoppin'-Jean [Jôn]

--A reinterpretation of the Carolina dish with a New Orleans spin--
Black-eyed peas, rice, with oregano and thyme with a dash of spice in a simple stock

Quinoa-Quinoa Cornbread

--The vegan, nuttier version of the Southern classic--
Cornbread made with quinoa flour, rice milk, and agave nectar

Dessert

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**Chocolate-Orange Pudding**

--A dairy-free childhood favorite--  
Tofu-based pudding made with cocoa, orange, coconut and agave nectar