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Do you have a question or concern about Colleton County?

Dear Editor

Mail to:
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 or Email:
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- 24 OZ TEXAS PETE HOT SAUCE **2 FOR \$6**
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COLLETON WOMEN in BUSINESS

This magazine will feature local business women that make a difference in our community and serve as in inspiration to other women. Each interview will consist of the same set of questions about your career and accomplishments. Advertorial included with half page size and up. This will put your business in front of more than 3,400 subscribers, on our website **WWW.WALTERBOROLIVE.COM** and our Facebook page.

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Flavorful Family Favorites for Hectic School Nights

FAMILY FEATURES

Once the homework is finished and long days in the classroom and at the office are drawing to a close, you're likely to find hungry loved ones waiting near the kitchen. When busy school nights have you feeling like you're pinched for time, turn to recipes that are easy to make yet still delicious to enjoy.

For a kid-friendly way to put veggies on the table, look no further than familiar favorites like tacos. These Pickled Beet Tacos put Aunt Nellie's Sliced Pickled Beets at the center of the meal combined with seasoned black beans and a creamy avocado sauce for a dinner that takes less than an hour to prepare.

An added bonus: This simple recipe makes 10 servings, meaning you can rely on leftovers for lunches throughout the week or a second dinner on an evening when after-school activities leave little time for cooking.

If dinner plans call for a low-stress side dish or lighter meal, serve up Italian Pasta and Bean Salad that requires just 15 minutes of prep and a handful of flavorful ingredients like READ 3 Bean Salad. It's a perfect complement for a variety of main courses from burgers and grilled chicken to sandwiches and beyond.

Visit auntnellies.com and readsalads.com to find more meal solutions for busy school nights.

Italian Pasta and Bean Salad

Prep time: 15 minutes
Servings: 6

- 2 cups uncooked rotini pasta
- 1/2 cup prepared pesto
- 1 can (15 ounces) READ 3 Bean Salad, drained
- 1 cup grape or cherry tomatoes, halved
- 3/4 cup fresh mozzarella bocconcini, cut in halves or quarters
- 1/4 cup toasted walnuts (optional)

1/4 cup (1 ounce) shredded fresh Parmesan cheese

Cook pasta according to package directions; drain and rinse under cold running water. In bowl, combine pesto with pasta to coat well. Combine pasta with drained bean salad. Stir in tomatoes and mozzarella; refrigerate. To serve, sprinkle walnuts and Parmesan cheese over top. **Substitution:** 3/4 cup mozzarella may be substituted for bocconcini.



Italian Pasta and Bean Salad



Pickled Beet Tacos

Pickled Beet Tacos

Recipe courtesy of 40Aprons.com
Prep time: 15 minutes
Cook time: 25 minutes
Servings: 10

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets

Black Beans:

- 1 can (15 ounces) black beans, drained and rinsed
- 3 tablespoons water
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1 pinch salt

Quick Pickled Red Onions:

- 1 cup pickling liquid from Aunt Nellie's Sliced Pickled Beets jar
- 1 small red onion, thinly sliced

Avocado Sauce:

- 2 ripe avocados
- 1 tablespoon lime juice
- 1 pinch salt
- 1/4 teaspoon garlic powder

Tacos:

- 10 tortillas (8 inches)
- fresh chopped cilantro (optional)

Drain beets; reserve liquid and set aside.

To make black beans: In saucepan over medium-low heat, combine black beans, water, paprika, garlic powder, cumin and salt. Cook 5-6 minutes, or until warm; taste and adjust seasoning as desired.

To make quick pickled red onions: In small pot over medium-low heat, heat reserved pickling liquid. Once simmering, add sliced red onion and cook 3 minutes.

To make avocado sauce: In food processor or blender, pulse avocados, lime juice, salt and garlic powder until smooth.

Assemble tacos by filling tortillas with sliced beets, black beans, pickled red onions, avocado sauce and cilantro, if desired.



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Tell us a little about the pictures.

Please put your event title in the subject line.

Pictures of events will be published where/when space is available.

@ your service

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