

Today Is Monday in Louisiana



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On Monday, there are red beans to eat, and on Tuesday, po' boys. On Wednesday, gumbo is served, and on it goes throughout the week, each day bringing another unique and tasty Louisiana dish to the table. Today Is Monday in Louisiana, based on a song by New Orleans singer/songwriter Johnette Downing, rhythmically takes children through a culinary calendar, noting a meal a day that represents the best of Cajun, Creole, African, and French foods. Includes a glossary and a recipe for red beans and rice.

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