



“Lifestyles”

**Creative Living with
Sheryl Borden**

Foods & Nutrition Section III



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Due to the size of this section, there are 4 different PDF files. Example: Flavor Without Fat is page I-3, which means it’s in Part I on page 3. Desserts with Pistachios is page II-10, which means it’s in Part II, page 10, etc.



Watermelon Fire & Ice Salsa

- 3 cups seeded and chopped watermelon
- 1/2 cup green peppers
- 2 tablespoons lime juice
- 1 tablespoon chopped cilantro
- 1 tablespoon green onion
- 1-2 tablespoons jalapenõ peppers



Combine ingredients; mix well and cover. Refrigerate 1 hour or more. Makes 3 cups. Serve with chips or as a garnish for chicken and fish.

Watermelon Breakfast a Go Go



In a large, cylindrical glass or 'to go cup' container, create the following parfait:

- Bottom Layer: Low fat granola
- Next Layer: Small chunks of seedless watermelon
- Next Layer: Low fat banana yogurt
- Next Layer: Low fat granola
- Next Layer: Small chunks of seedless watermelon

Top Layer: Low fat banana yogurt

Garnish: A slice of banana, toasted almonds or coconut, and chunks of watermelon

Watermelon Ham Wraps

- 1 tablespoon chive and onion spreadable cream cheese
- 1 large, burrito-size low-fat tortilla
- 1 ounce thinly sliced low-fat ham
- 1 lettuce leaf
- 1 seeded watermelon spear, about 1/2-inch thick, 1-inch wide and 9-inches long

Spread cream cheese on tortilla covering to edges. Place ham across center of tortilla; top with leaf lettuce making sure edges to be rolled are not covered. Place watermelon spear on lettuce just off center. Roll tortilla over watermelon spear; continue rolling, tucking in ham and lettuce. Cream cheese will help tortilla stay rolled. Fasten with wooden pick if needed.

Makes 1 sandwich

Preparation Time: 5 Minutes

Per serving: 273 calories

33g carbohydrate, 12g protein, 11g fat, 2g dietary fiber, 667mg sodium, 31mg cholesterol

More Watermelon Wrap Combos:

Strawberry cream cheese with turkey, Bibb lettuce and watermelon

Garden vegetable cream cheese with chicken, spinach and watermelon

Ranch cream cheese with roast beef, red leaf lettuce and watermelon

**COURTESY: Stephanie Duda
National; Watermelon Assn.**
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SUPER BOWL PARTY

HONEY MUSTARD SANDWICHES



Split 1 package HAWAIIAN ROLLS in half (Do not separate.) Place bottom layer in an 11x7-inch casserole. Layer with 1/2 pound shredded turkey or ham. Layer with sliced baby Swiss cheese.

Top with mixture of 1 stick melted butter, 1 1/2 tsp. minced onion, 1 tsp. poppy seed, 1 1/2 tsp. yellow mustard, and 1/2 tsp. Worcestershire sauce. Cover with foil. Refrigerate at least 2 hours or overnight. Bake, covered for 15 minutes at 350 degrees. Remove foil and heat an additional 10 to 15 minutes. Freezes well.

FRITO CORN SALAD

Mix 2 cans whole kernel corn, drained, 1/2 medium onion, chopped, 1 bell pepper, chopped, and 1 tomato, chopped and seeded. Add enough mayonnaise or Miracle Whip to make creamy. (Fritos will absorb some of the dressing.) Add salt and pepper to taste. Just before serving, add 1 medium size bag Fritos, crushed. This salad will keep for several days. NOTE: Add FRITOS to the amount you think you will eat because they will become too soggy.

COURTESY: Janel Franklin
Jan-Su Publications



NORTH CAROLINA SWEETPOTATO COMMISSION FROM SOUP TO SALSA

Fusion Spiced Sweet Potato Soup

- 2 Tbsp. butter
- 2 Tbsp. finely grated fresh ginger
- 3 stalks celery, finely chopped, about 1 cup
- 1 large onion, finely chopped, about 2 cups
- 1 Tbsp. curry powder
- 1/2 tsp. cinnamon
- 1/4 tsp. cayenne pepper
- 1/8 tsp. nutmeg
- 2 1/2 lb. sweetpotatoes, peeled and cut into 1/2-inch cubes
- 6 cups reduced-sodium chicken broth
- 1/2 tsp. dried thyme
- 1 small bay leaf
- 3/4 tsp. salt
- 1/2 tsp. pepper
- 1/2 cup milk
- Sour cream for garnish (optional)
- Chopped roasted peanuts for garnish



In a large pot over medium heat, melt butter. Add ginger, celery and onion; cook 5 to 7 minutes until soft. Add curry powder, cinnamon, cayenne and nutmeg. Cook 1 minute, stirring constantly. Add sweetpotatoes, broth, thyme, bay leaf, salt and pepper. Increase heat to high and bring to a boil. Lower heat to medium and simmer 25 minutes or until potatoes are soft and cooked through. Transfer soup in batches to a blender or food processor and puree. Thin soup with milk. Garnish with a dollop of sour cream and chopped peanuts. Makes 12 servings.



Zesty Sweetpotato Corn Salsa

- 2 cups diced cooked sweetpotatoes
- 1 can (15 1/4 oz.) whole kernel corn, drained
- 1/4 cup diced red pepper
- 1 fresh jalapeno pepper, seeded and chopped
- 2 Tbsp. chopped fresh cilantro
- 1 small clove garlic, minced
- 1/4 tsp. seasoned salt
- 2 Tsp. fresh lime juice

In medium bowl, combine all ingredients. Blend well. Cover and chill at least 30 minutes to blend flavors. Use to add new flavor to grilled chicken, pork or fish. Makes about 12 servings.

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