

“Lifestyles”

**Creative Living with
Sheryl Borden**

Foods & Nutrition Section IV



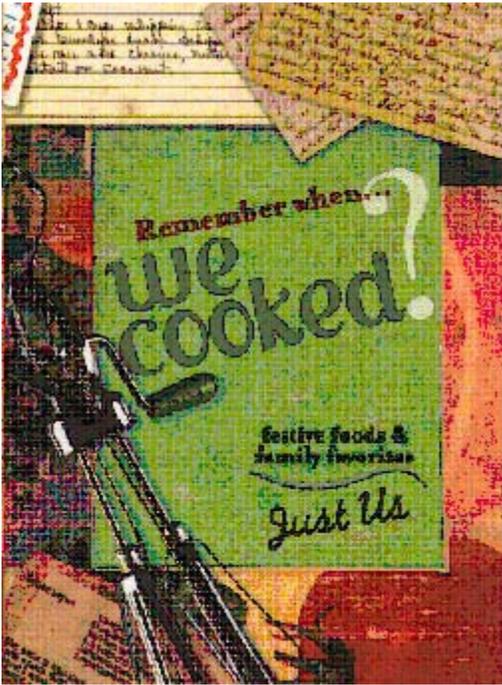
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Due to the size of this section, there are 4 different PDF files. Example: Flavor Without Fat is page I-3, which means it’s in Part I on page 3. Desserts with Pistachios is page II-10, which means it’s in Part II, page 10, etc.

FOOD GIFTS

from "Remember When We Cooked?"



Red Hot Jelly

- 2 cups apple juice
- 4 cups sugar
- 1/2 tsp. butter or margarine
- 1/3 cup red cinnamon candies
- 1 box (6 oz.) liquid pectin

Wash and sterilize canning jars and lids. In a large heavy saucepan, combine juice and sugar. Stir well. Add butter and candies. Bring to a rolling boil over high heat, stirring constantly. Stir in liquid pectin. Return to a rolling boil, stirring constantly and boil 1 minute. Remove from heat. Skim foam from top of mixture with large metal spoon. Fill sterilized jars to within 1/4-inch of tops. Wipe jar rims and cover jars with lids. Refrigerate all jars. Makes 4 half-pint jars of jelly.

Pizzazy Cranberry Raspberry Sauce

- 1 pkg. (12 ozs.) fresh or frozen cranberries
- 1/2 cup orange juice
- 3 cups guars
- 1 pkg. (3 ozs.) raspberry flavored gelatin
- 1 cup boiling water

Place cranberries, orange juice and sugar in large saucepan. Bring to a boil; simmer 10 minutes, stirring constantly. Set aside. In a large bowl, stir together gelatin and boiling water until gelatin dissolves. Add cranberry-orange mixture to bowl with gelatin. Mix thoroughly. Spoon jam into jars; cool 1 hour. May be stored in refrigerator for up to 1 month or in freezer for up to 3 months.

MICROWAVE: Omit water from recipe. Combine ingredients in 3-quart microwave safe dish, loosely covered with waxed paper. Cook on High power, 8-10 minutes, or until sugar and gelatin are dissolved, stirring occasionally to crush cranberries.

Hot and Spicy Pickles

- 1 jar (1 gallon) dill pickles, drained
- 1 bag (4 lbs.) sugar
- 1 bottle (2 ozs.) Tabasco sauce
- 8 large cloves garlic

Slice pickles. Layer pickles, sugar, Tabasco and garlic in the gallon pickle jar. Refrigerate 5 to 7 days, stirring periodically to dissolve sugar. Store in refrigerator. Makes 12 half-pint jars.

NOTE: These are great for gifts. For hotter pickles, increase Tabasco to 5 ounces.

**COURTESY: Connie Moyers
Remember When We Cooked**

**To Order:
Remember When We Cooked?**

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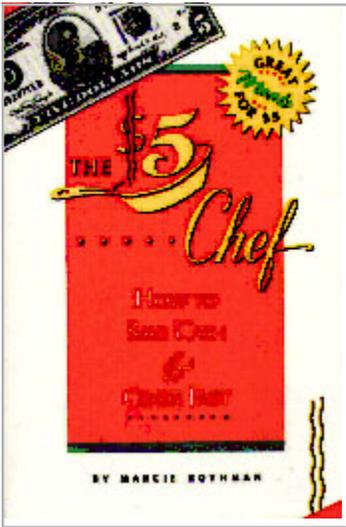
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TURKEY YEAR 'ROUND

TURKEY HASH

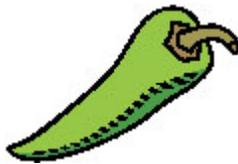
- 2 to 4 tablespoons olive or vegetable oil, butter or a mixture
- 1 small onion, finely chopped
- 1/2 green pepper, seeded, finely chopped
- 2 to 3 cloves garlic, pressed or finely chopped
- 3 cups diced cooked turkey
- 1 cup stuffing
- Salt and pepper, to taste, or optional seasonings, such as curry powder, Mexican or Italian blends
- 1/2 cup toasted almonds, coarsely chopped
- 1/2 cup pitted black olives, chopped
- 1/2 to 2/3 cup cream, optional
- 1 tablespoon parsley, for garnish, optional



In a skillet, heat olive oil and sauté onion, pepper and garlic. Cook until soft and slightly browned. Add remaining ingredients and mix well. Cook slowly so that a crust forms on the bottom. Or, pour cream over the hash so it dribbles to the bottom to form a richer crust. Either way, serve from the skillet or invert onto a plate and sprinkle with chopped parsley. Serves 4 to 6. **VARIATIONS:** Substitute other vegetables, such as pearl onions, celery, shredded carrot or leftover rice and potatoes. Other possible additions, such as marinated artichoke hearts, water chestnuts, even a small handful of capers, can be added. Finish with butter and cream for a richer hash.

TURKEY PICADILLO

- 1 tablespoon olive or vegetable oil
- 1 medium onion, finely chopped
- 1 large clove garlic, minced or pressed
- 1 pound ground turkey, beef or pork
- 1 generous cup canned or fresh tomatoes, chopped
- 1/2 teaspoon chile flakes or 1 jalapeno chile, chopped, or to taste
- 1 carrot, grated
- 1/3 cup raisins
- 1 small apple, cored and chopped
- 1/4 teaspoon cinnamon, or to taste
- 1/2 teaspoon oregano, or to taste
- Salt and pepper, to taste
- 2 tablespoons vinegar, or to taste
- 1/3 cup almonds, cashews, walnuts or pinenuts, roasted and chopped
- 2 tablespoons parsley or cilantro, chopped for garnish



Heat oil in large skillet, add onion, garlic and meat. Sauté until meat loses color and onions soften. Drain fat if necessary. Add remaining ingredients except vinegar, nuts and parsley. Cover and cook about 15 minutes. Taste and adjust seasonings. Add vinegar and taste. There should be a subtle balance of flavors. Just before serving, mix in nuts and top with parsley or cilantro. Serve with rice.

TURKEY LOAF

- 1 pound ground turkey
- 1 stalk celery, chopped
- 2 cloves garlic, pressed
- 1/2-inch piece fresh ginger, finely minced, optional
- 1 small onion, chopped
- 1/4 cup parsley, chopped
- 1 egg
- 3 cups cooked rice
- 2 teaspoons curry powder, or to taste, see note
- Salt and pepper, to taste
- 1 orange or apple, thinly sliced
- 1 tablespoon fresh parsley or cilantro, chopped

In a large bowl, mix all ingredients except orange and parsley. Finely chop two orange slices and add to poultry mixture, mix and adjust seasoning. Halve the remaining orange slices. Oil a 10-inch ring mold or a loaf pan. Line the pan with orange slices and fill the mold. Bake for 40 to 45 minutes in preheated 350 degree oven. Remove from oven and let rest for 5 minutes. Place a plate over the pan and invert so orange slices are on top. Sprinkle with parsley. Makes 8 to 10 slices. NOTE: Italian herb seasoning can be substituted; if doing so, omit the ginger.

COURTESY: Marcie Rothman
Cookbook author

QUICK TIPS FOR A LIGHT MEAL

LAYERED TEX-MEX CORNBREAD SALAD



- 1 pkg. (6 1/2 ozs.) cornbread mix
- 2 cans (15 ozs. ea.) Pinto beans, drained
- 2 cups tomatoes, chopped
- 1 cup green onions, chopped
- 1/4 cup jalapeno peppers, seeded, chopped
- 1/2 slices bacon, cooked and crumbled
- 2 cups Monterey Jack cheese, grated
- 1 cup sour cream
- 1 cup salsa

Prepare cornbread mix as directed on package. When cool, crumble the cornbread in a large dish. Top with half of the remaining ingredients, except sour cream and salsa. Repeat the layers. Mix together sour cream and salsa. Top mixture with sour cream and salsa mixture and additional jalapeno slices. Cover and chill 2 to 3 hours before serving.

PAT'S QUICKIE TORTILLA SOUP



- 2 cans Chicken and Rice Condensed Soup
- 1 can water
- 1/2 can Rotel Tomatoes

Heat all ingredients together. When hot, serve over crumbled corn tortilla chips or corn chips, and sprinkle with shredded cheese.

VARIATION: Diet Version: Drain off about 1/2 of the liquid from each soup of can and all of the fat BEFORE adding water. Add more or less Rotel according to your taste preference. This recipe can be frozen.

BLUEBERRY BANANA PIE

- 1 pastry pie shell, baked and cooled
- 2 bananas, sliced
- 1 can Blueberry Pie Filling
- 2 cups whipped topping

Prepare pie shell as directed. Cool. Layer banana slices in bottom of pie shell. Cover with Pie Filling. Top with whipped topping. Chill thoroughly and serve. Variation: May use peach, apricot, cherry or strawberry pie filling. Yield: 8 servings.

**COURTESY: Sue Vaughn
Jan-Su Publications**

SIMPLE FUN CUPCAKES

Buttercream Icing Recipe

(or purchase already prepared canned icing)

- 1/2 cup solid vegetable shortening
- 1/2 cup butter
- 1 teaspoon Wilton Clear Vanilla Extract
- 4 cups sifted confectioners' sugar (approx. 1 lb.)
- 2 tablespoons milk

Cream shortening and butter with electric mixer. Add vanilla. Gradually add sugar, one cup at a time, beating well on medium speed. Scrape sides and bottom of bowl often. When all sugar has been mixed in, icing will appear dry. Add milk and beat at medium speed until light and fluffy. Keep icing covered with a damp cloth until ready to use. For best results, keep icing bowl in refrigerator when not in use. Refrigerated in an airtight container, this icing can be stored 2 weeks. Re-whip before using. Yield: 3 cups

CHOCOLATE ICED CUPCAKES WITH CHOCOLATE CURLS

Tools:

- Standard Muffin Pan
- Tip 1M (2110)
- White Standard Baking Cups
- Cupcakes 'N More Dessert Stand

Ingredients:

- Chocolate wafers
- Large chocolate chips
- Chocolate Buttercream Icing

Bake and cool cupcakes. Pipe tip 1 M swirl on top. Position chocolate chips and wafers. Position cupcakes in stand. Each serves 1.

GUM DROP CANDY CUPCAKES

Tools:

- Standard Muffin Pan
- Straight Spatula
- White Standard Baking Cups
- Cupcakes 'N More Dessert Stand

Ingredients:

- Rainbow Nonpareils Sprinkle Decorations
- Spice Drops
- Candy-Coated Chocolates
- Small Fruit Jellies
- Buttercream Icing

Bake and cool cupcakes. Ice smooth with spatula. Sprinkle tops with nonpareils, then position

candies. Position cupcakes in stand. Each serves 1.

PINK FLOWER CUPCAKES

Tools:

- Standard Muffin Pan
- Tips 5,125
- Straight Spatula
- White Standard Baking Cups
- Cupcakes 'N More Dessert Stand

Ingredients:

- Rose, Lemon Yellow icing Colors
- Buttercream icing

Bake and cool cupcakes. Ice smooth in light rose with spatula. Pipe tip 125 wild rose in dark rose icing with tip 5 dot center in yellow. Position cupcakes in stand. Each serves 1.

SPORTS BALL CUPCAKES

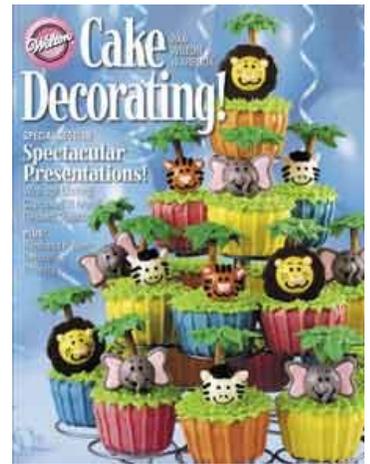
Tools:

- Standard Muffin Pan
- Tip 3
- Coupler Ring Set
- Straight Spatula
- White Standard Baking Cups
- Cupcakes 'N More Dessert Stand

Ingredients:

- Tube Decorating icing in Red, Black and Chocolate
- Terra Cotta Icing Color
- Buttercream Icing

Bake and cool cupcakes. Ice smooth with spatula (basketball in terra cotta). Using tube icings and tip 3, decorate lines for basketball seams and baseball stitching; decorate zigzags for panels on soccer ball, add lines for seams of soccer ball. Position cupcakes in stand. Each serves 1.



COURTESY: Nancy Siler
Wilton Enterprises
www.wilton.com