

Creative Living
remembers when ...



Creative Living
with Sheryl Borden celebrates

30 years!

Foods & Nutrition Section

5200 Series

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Foods and Nutrition

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Due to the size of this section, there are 4 different PDF files. Example: Butterfly Cake Instructions is on page I-2, which means it's in Part I on page 2, Stuffing or Dressing? is on page II-7, which means it's in Part II, page 7, etc.



Stuffing or Dressing?

Although everybody agrees that it's scrumptious – and some consider it the best part of a holiday meal – everyone doesn't agree on what to call it. While some people refer to it as stuffing, others call it dressing. And still other people are confused, wondering if these two terms actually refer to different dishes.

There is not difference! Popular conjecture has been that perhaps it is called stuffing when it is stuffed into something like a turkey, and dressing when it is served on the side, but the actual distinction is an outdated.



CLASSIC OVEN-BAKED STUFFING

If you like your stuffing to have a golden brown crisp topping and a lusciously moist interior, this is the recipe for you!

- 3 cups seasoned or cornbread stuffing mix
- 3/4 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup melted butter or margarine
- 3/4 cup broth, fruit juice, or water

Preheat the oven to 350°F. Lightly grease a 2-quart casserole dish, and set aside. In a large bowl, combine the stuffing mix with the celery, onion, and butter or margarine. Gradually stir in the broth, fruit juice, or water until well mixed. Transfer the stuffing to the prepared casserole dish, cover, and bake for 20 to 30 minutes. If a crisp top is desired, uncover the dish and bake for 10 additional minutes. YIELD: 4 SERVINGS

LIGHTOVEN-BAKEDSTUFFING

Looking for an oven-baked stuffing that's lighter on fat and calories? This version may be light on fat, but it doesn't stint on flavor.

- 3 cups seasoned or cornbread stuffing mix
- 3/4 cup chopped celery
- 1/2 cup chopped onion
- 1/4 cup melted butter or margarine
- 3/4 cup broth, fruit juice, or water

Preheat the oven to 350°F. Lightly grease a 2-quart casserole dish, and set aside. In a large bowl, combine the stuffing mix with the celery, onion, and butter or margarine. Gradually stir in the broth, fruit juice, or water until well mixed. Transfer the stuffing to the prepared casserole dish, cover, and bake for 20 to 30 minutes. If a crisp top is desired, uncover

the dish and bake for 10 additional minutes. YIELD: 4 SERVINGS.

BASIC SAUCEPAN STUFFING

Wonderfully easy to make, this delicious saucepan stuffing is also low in fat.

- 2 tablespoons butter or margarine
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped onion
- 1 1/3 cups broth, fruit juice, or water
- 3 cups seasoned or cornbread stuffing mix

Place the butter or margarine in a large saucepan, and melt over medium heat. Add the celery and onion, and sauté for about 5 minutes, or until the onion is soft. Add the broth, fruit juice, or water to the saucepan, and bring to a boil over high heat. Cover the saucepan, reduce the heat, and simmer for 3 minutes. Remove the saucepan from the heat, and stir in the stuffing mix. Cover and let stand for 3 to 5 minutes, or until the liquid has been absorbed. Fluff with a fork before serving. YIELD: 4 SERVINGS.

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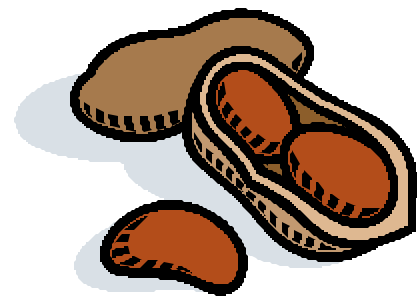




Texas Peanut Producers Board

Peanuts and peanut butter are among America's most popular foods. Americans consume more than 600 million pounds of peanuts and about 700 million pounds of peanut butter each year. The good news is that peanut products are delicious **and** nutritious!

- Peanuts and peanut butter are protein powerhouses providing 12% of the Recommended Daily Allowance (RDA) per serving.
- Peanuts and peanut butter are less expensive sources of protein than many other foods (such as cheese, bologna and hamburgers). Peanut products are especially popular with vegetarians and people wanting to reduce their consumption of red meat.
- Peanuts and peanut butter are good sources of many essential vitamins and minerals.
- Peanuts and peanut butter are good sources of fiber, offering about as much as 1/2 cup of broccoli. Fiber reduces the risk of some types of cancer, helps control blood sugar levels and may help reduce the level of cholesterol in your blood. Fiber also increases your sense of "fullness" which is important when dieting.
- Peanuts are a low sodium food according to the FDA Dietary Guidelines.
- Peanuts and peanut butter contain mostly unsaturated fat, which has been shown to lower LDL-cholesterol levels in your blood. In fact, studies at Loma Linda University indicate that frequent consumption of nuts like peanuts as part of a healthy diet may actually lower your risk of heart attack.
- Peanuts are naturally cholesterol free, an added value for health conscious consumers.
- Peanuts and peanut butter are a good source of folic acid. Recent studies have shown folic acid, a B vitamin, can prevent 50% to 80% of neural tube defects when women get sufficient amounts during the earliest weeks of pregnancy.



Munch 'N' Go Mix

- 2 cups roasted peanuts
- 2 cups banana chips
- 1 cup chopped mixed dried fruit (apricots, apples, pineapple, papaya)
- 1 cup dried cranberries
- 1 cup candy-coated chocolate pieces

Toss all ingredients together. Store in an airtight container at room temperature for up to 3 months. Yield: 14 servings (1/2 cup per serving).



Homemade Peanut Butter (Food Processor)

- 2 cups roasted, shelled peanuts
- 1 Tbsp. peanut oil
- 1/2 tsp. salt (omit if salted peanuts are used)

Using the metal blade, process ingredients continuously for 2 to 3 minutes. The ground peanuts will form a ball, which will slowly disappear. Continue to process until the desired consistency is obtained. If necessary, stop machine and scrape sides of container with a rubber spatula. For crunchy peanut butter, stir in 1/2 cup chopped roasted peanuts after the processing is completed. Store in a tightly closed container in the refrigerator. Oil may rise to the top. If this occurs, stir before using. Yield: 1 cup creamy or 1 1/2 cups crunchy peanut butter.



Thai-Style Grilled Peanut Chicken

Exotic flavors found in Thai cuisine - peanut butter, soy sauce, curry and honey - come together in a marinade for succulent grilled chicken.

- 1/2 cup peanut butter (creamy or crunchy)
- 1/3 cup honey
- 1/4 cup soy sauce
- 2 Tbsp. curry powder
- 2 cloves garlic, minced
- 2 to 2 1/2 lb. cut-up chicken



Blend peanut butter with honey and soy sauce until smooth. Stir in curry powder and garlic; mix well. Place chicken in a large plastic bag or a bowl. Pour peanut butter mixture over chicken and mix well. Close bag or cover bowl and chill at least 2 hours or up to 12 hours.

Remove chicken from marinade and broil or grill over medium heat 4 to 6 inches from heat. Turn chicken and brush with marinade occasionally while cooking. (Do not brush with any more marinade less than 10 minutes before chicken is done.) Cook until chicken is no longer pink in thickest part (cut to test), 15 to 30 minutes depending on size and piece. Yield: 6 servings (each serving about 6 ounces chicken.)

Creole Peanut Soup

- 2 Tbsp. butter
- 1 medium onion, minced
- 1 Tbsp. all-purpose flour
- 1 1/2 tsp. salt
- 1 Tbsp. chopped parsley
- 1/2 tsp. celery salt
- 1/2 cup smooth peanut butter
- 2 cups tomato juice
- 2 cups milk
- Parsley



Melt butter in a large saucepan; add onion and sauté for about 3 minutes or until onion is transparent. Stir in flour and seasoning. Blend in peanut butter. Gradually stir in milk. Cook over medium heat until thickened, stirring constantly. Add tomato juice and heat. Spoon into serving bowls and garnish with parsley. YIELD: 4-6 servings.

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NOT JUST YOUR ORDINARY SPRITZ COOKIES

BBQ Spritz Crackers

- 10 Tbsp. butter, softened
- 1/4 cup barbecue sauce
- 1 egg yolk
- 1 1/2 cups all-purpose flour
- 1/2 tsp. salt
- 1/4 tsp. chili powder
- 1/4 tsp. cayenne pepper
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder



Preheat oven to 375°

F. In mixer bowl cream butter, barbecue sauce and egg yolk until fluffy. Mix in flour, salt, chili powder, cayenne, garlic powder and onion powder. Mix until just combined. Shape dough into small logs and place in **Cookie Master™ Plus**. Using desired disk, press shapes onto ungreased cookie sheet. Bake 10-12 minutes or until a light golden brown. Cool 5 minutes on cookie sheet on rack. Remove from cookie sheet. Serve warm or at room temperature. Makes about 2 dozen crackers.

Pineapple Coconut Spritz Cookies

- 1 1/2 cups (3 sticks) butter, softened
- 1 cup granulated sugar
- 1 large egg
- 3/4 cup shredded coconut, finely chopped
- 1 tsp. pure vanilla extract
- 1/2 tsp. pineapple extract
- 1 tsp. baking powder
- 3 1/4 cups all-purpose flour

Preheat oven to 375° F. In a large bowl cream butter and sugar with electric mixer. Beat in egg, coconut, vanilla and pineapple extract. Mix flour and baking powder; gradually add to creamed mixture. Mix just until combined. Place dough in **Cookie Master™ Plus** and with desired disk, press cookies onto ungreased cookie sheet. Bake 10-12 minutes or until edges are lightly brown-ed. Cool on rack 2 minutes and remove from cookie sheet. Continue to cool on rack. Makes about 6-7 dozen cookies.

Herbed Spritz Crackers

- 1/2 cup butter (1 stick), softened
- 8 oz. Monterey Jack cheese, shredded*
- 1 1/2 cups all-purpose flour
- 1/2 tsp. salt
- 1/4 tsp. oregano or basil
- 1/4 tsp. garlic powder
- Pepper to taste



Preheat oven to 350° F. In medium mixing bowl cream butter with cheese. Stir in flour, salt, oregano, garlic powder and pepper. Shape dough in small logs and place in Wilton Cookie Press. Press crackers onto cool ungreased cookie sheet. Bake 10-15 minutes or until light golden brown. Remove to cooling rack. Serve hot or at room temperature. Makes approximately 5 dozen crackers. *Do not use pre-shredded cheese. White cheddar may be used instead of Jack.

Spritz Cheese Crackers

- 1 lb. sharp cheddar or aged Swiss, finely shredded*
- 1/2 cup butter, softened
- 2 tsp. Worcestershire sauce
- Dash of hot red pepper sauce
- 1 1/2 cups flour
- 1/2 tsp. salt
- 1 tsp. paprika



Preheat oven to 375° F. In a medium bowl, cream the cheese, butter, Worcestershire sauce and hot red pepper sauce until smooth. In separate bowl, toss flour and seasonings with fork. Gradually add to cheese mixture. Mix until dough holds together and shape into small logs. Place in barrel of Wilton's Cookie Pro™ Cookie Press using any disk, press onto ungreased cookie sheet. Bake 10-12 minutes or until lightly browned. Remove and cool on . Sprinkle with paprika. YIELD: Makes 4 dozen crackers. *Do not use pre-shredded or processed packaged cheese.

Spicy Pumpkin Spritz Crackers

- 10 Tbsp. butter, softened
- 1/4 cup solid pack pumpkin
- 1 egg yolk
- 1 1/2 cups all-purpose flour
- 1 tsp. chili powder
- 1/2 tsp. salt
- 1/4 tsp. Garlic powder

Preheat oven to 375°F. In mixer bowl, cream butter, pumpkin and egg until creamy. Mix in flour, chili powder, salt and

garlic powder. Mix until just combined. Shape dough into small logs and place in **Cookie Master Plus™**. Using desired disk, press shapes onto ungreased cookie sheet. Bake 12-15 minutes or until a light golden brown. Cool 2 minutes on cookie sheet on rack. Remove from cookie sheet and continue to cool on rack. Makes about 2 dozen crackers.

Peanut Butter Spritz

- 1/2 cup solid vegetable shortening
- 1/2 cup peanut butter
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1 egg
- 1/2 tsp. vanilla
- 1 1/2 cups flour



Preheat oven to 375° F. In a large mixing bowl cream together shortening and peanut butter. Gradually add sugars, blending well. Add egg beating until smooth. Add vanilla. Set aside. Stir flour into peanut butter mixture. Place dough into **Cookie Master** and using desired disks press cookies onto ungreased cookie sheet. Bake 6-8 minutes or until lightly browned around the edges. Remove cookies from sheet. Cool on rack. Makes 3-4 dozen cookies.

Potato Chip

- 1 cup butter, room temperature
- 1/2 cup granulated sugar
- 1 egg
- 1 3/4 cups all-purpose flour
- 1 tsp. pure vanilla extract
- 1 cup finely crushed potato chips



Preheat oven to 375° F. In mixer bowl cream butter, sugar and egg until light and fluffy. Add flour and vanilla; mix well. Stir in potato chips. Fill **Cookie Master** with dough and with desired disks press cookies onto ungreased cookie sheet. Bake 8-10 minutes or until edges are light golden brown. Cool 2 minutes on rack. Remove from sheet and cool completely on rack.

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