

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.



Every journey starts with a step...but a few missteps down the path of poor nutrition can lead to declining health, excessive weight gain and lack of energy. Fortunately, poor eating habits can be corrected. Take steps towards better health & wellness by eating a well-balanced diet to give your body the fuel it needs now and help prevent disease in the future.

What is the first step?

Simply add 100% orange juice to your daily diet. Both pasteurized and fresh-squeezed 100% orange juice can help maximize your energy, maintain your wellbeing and reduce the risk of certain diseases.

Orange juice is loaded with the things that your body needs to stay strong day in and day out. Adults who include 8 ounces of orange juice in their diet everyday increase their intake of vitamin C, thiamin, potassium and other important nutrients. Parent's who serve 100% orange juice to their children supply them with the nutrients needed to stay healthy.



What does vitamin C do?

- Acts as a scavenger to harmful elements in your body.
- One of the most powerful antioxidants, vitamin C neutralizes free radicals (harmful elements naturally occurring within the body and through environmental factors) to help fight cell and tissue damage that could lead to diseases, including cancer and heart disease. Vitamin C also helps the body fight infection

An eight-ounce glass of 100 percent orange juice contains 72 milligrams of vitamin C, more than a full day's supply!

What does folate do?

- *Folate is essential for growth and development. It plays a key role in DNA formation and cell division,*

helps guard against one form of anemia, and can help reduce the risk of birth defects of the brain and spinal cord, known as "neural tube defects."

An 8-ounce glass of orange juice provides 69 micrograms of folate, 15 percent of the recommended 400 micrograms of folate each day.

What does potassium do?

- Potassium is important for maintaining fluid and electrolyte balance in cells. It also assists in sending nerve impulses, helps muscles contract, and releases energy from protein, fat and carbohydrates during metabolism

One 8-ounce glass of orange juice provides 450 milligrams of potassium, 13 percent of the Daily Value.

What does calcium do?

- Calcium aids in bone and tooth development, blood pressure regulation and muscle function

Calcium-fortified orange juice is an excellent non-dairy source of calcium that is also lactose-free.

What does thiamin do?

- Thiamin helps convert food into energy the body can use and is needed by all cells and tissues

An 8-ounce glass of orange juice provides 10 percent of the Daily Value for thiamin.

What does niacin do?

- Niacin helps metabolize the food you eat into energy your body can use. Niacin also is used for DNA repair.

An 8-ounce glass of orange juice provides 4 percent of the Daily Value for niacin.

What does vitamin B6 do?

- Vitamin B6 helps the body process protein and carbohydrates in food and helps produce hemoglobin, a part of red blood cells that carries oxygen to all parts of the body. Vitamin B6 also works in conjunction with folate to metabolize homocysteine.

An 8-ounce glass of orange juice provides 6 percent of the Daily Value for vitamin B6.

What does magnesium do?

- Magnesium helps your body generate energy and is required for the action of over 300 enzyme systems in your body
- Magnesium may help regulate blood pressure and contribute to bone health

An 8-ounce glass of orange juice provides 6 percent of the Daily Value for magnesium.

What do phytonutrients do?

- Scientists believe these plant-derived components are intimately involved in fighting cellular damage, a common pathway for cancer, aging and a variety of diseases
 - Orange juice naturally contains more than 60 phytonutrients, many of them known as flavonoids, a class of natural antioxidants that many scientists believe may help the body in its battle against aging, allergies, infection, cancer, ulcers and heart disease¹⁵

Citrus Soother

3 cups Florida Orange Juice
1 cup Florida Grapefruit Juice
1/4 cup honey
3 inches stick cinnamon

In a medium saucepan combine orange juice, grapefruit juice, honey, and cinnamon. Heat, stirring occasionally, just until warm (do not boil). Remove cinnamon with slotted spoon; discard. Serve warm. If desired, garnish with Florida orange slices. Makes 4 or 5 servings.



Citrus-Seared Wild Salmon

Honey pecans*

- 1/2 tablespoon tamari sauce or soy sauce
- 2 tablespoons honey
- Cayenne pepper and salt to taste
- 1/2 cup pecan halves

Preheat oven to 350°F. Combine all ingredients in small saucepan and place over medium heat. Simmer four minutes then drain. Place pecans on a wire rack placed over a cookie sheet and roast for about 10 minutes, until toasted. Remove from oven and let cool completely on rack. Lightly chop pecans into 1/4-inch pieces.

*Note: Store-bought honey pecans can be substituted.



Salmon

- 2 tablespoons ancho chili powder
- 2 tablespoons ground coriander
- 1/2 teaspoon freshly ground pepper
- 1 cup 100% orange juice

- 1 cup chopped fresh cilantro stems and leaves
- 6 each 6-ounce skinless, boneless wild salmon fillets
- 2 tablespoons grapeseed or canola oil
- Salt and pepper to taste

Combine chili powder, coriander, pepper and orange juice in saucepan over medium heat. Bring to a simmer then set aside to cool for 10 minutes. Stir-in chopped cilantro. Place salmon fillets in a 9x13-inch casserole dish and pour marinade over fillets. Cover and refrigerate for one hour, then turn fillets over and marinate one hour more. Remove fillets and strain marinade through a fine mesh strainer into small saucepan. Bring to a boil then reduce heat and simmer until reduced by half, about 10 minutes. Set aside to cool. To cook salmon: Lightly coat the bottoms of two large non-stick skillet with oil and place them over medium-high heat until hot. Season salmon fillets lightly with salt and pepper and cook 3 to 4 minutes, or until lightly seared. Turn fillets over and cook 3 to 4 minutes more. Remove from the fire and allow fillets to rest in hot pans.

Salad

- Reduced salmon marinade
- 1 teaspoon grapeseed or canola oil
- 6 cups mixed salad greens
- 2 cups fresh cilantro leaves
- 1/2 cup chopped honey roasted pecans
- 1/4 cup dried currants or chopped raisins
- Salt and freshly ground pepper to taste

Place half the reserved salmon marinade in small mixing bowl. Whisk in oil and set aside. Combine greens, cilantro, pecans, and currants in large mixing bowl. Add dressing and honey roasted pecans. Toss well and set aside. Divide onto the center of six plates. Rest a salmon fillet to the side of each salad and drizzle remaining reduced marinade over each fillet.

**COURTESY: Pat Baird
Florida Citrus
www.floridajuce.com**



Heart-Healthy Foods

We all know that diet can play a major role in heart health, and

some of the best ways to do that are to eat more fiber-rich whole grain foods and lots of fruits and vegetables – and lower fat intake. The best resources we have for preventing heart disease, and promoting life-long heart health are lifestyle changes. That means: watch what we eat, get some physical activity, reduce stress and stop smoking!

People sometimes get anxious when they hear about making changes because they think it's going to be major and anticipate the feeling of being deprived, but that's not the case. Let's start with breakfast, which is an essential meal. Adults and children think better, work better and they also lose and maintain weight better by eating breakfast. And breakfast is an easy way to get a great start on the recommended number of servings of heart healthy whole grains and fruits.

Oatmeal is an ideal way to start the day. The heart story on oatmeal is this: more than 40 scientific studies show that eating oatmeal daily can help lower blood cholesterol. It's the soluble fiber in oats that helps reduce total cholesterol. It works like a sponge to go after excess cholesterol that can clog arteries.



Oats have been shown to reduce both total and LDL – or bad – cholesterol. Emerging research suggests that oatmeal may help maintain healthy blood pressure levels. A serving of oats provides 3 grams of oat-soluble fiber – or about 1 1/2 cups COLD oat cereal + bars of cooked oatmeal per day.



Walnuts are turning out to have an even better nutrition profile than we've previously known. They have the "good" monounsaturated fat that's less damaging to health. Walnuts are cholesterol-free, have little saturated fat; they contain several vitamins and minerals; they're a good source of protein, and they're a rich source of omega-3 fatty acids. In fact, they're the only nut with a significant amount of omega-3's – that's the heart-health bonus. The recommended serving of walnuts

is 1.1 grams for women and 1.6 grams for men, and a large handful is usually about 1 1/2 ounce or about 3 1/2 grams of omega-3's.

When heart disease really started to increase, health professionals saw the relationship between high fat – especially saturated fat – diets and heart problems. Fish is low in saturated fat and has long been considered a "heart-healthy" food. The more oily fish, like salmon and mackerel, contain the highest amounts of omega-3's. Eating these fish 2 to 3 times per week appears to lower total and LDL cholesterol and triglycerides; decrease the inflammatory process in blood vessels and again, keep cells from "sticking together" and forming blood clots.



Sockeye canned salmon has the highest amount of omega-3's than any fish.

We know that orange juice is a great source of Vitamin C, but it's also the potassium in orange juice that's important to heart health. Potassium is an essential mineral that helps maintain blood pressure in part by counteracting the negative effects of sodium. So having more foods, like orange juice, that are good sources of potassium and low in sodium, may help to reduce the risk of high blood pressure and stroke. An 8-ounce glass of orange juice has slightly more potassium than a medium banana. If a person is taking a type of medication that depletes potassium – or just wants to increase their potassium, orange juice is a good way to do it.



Last, but not least, dark chocolate is heart-healthy. The first clinical trial found that dark chocolate did reduce blood pressure levels. Other studies have seen positive implications for type 2 diabetes; those with higher than normal glucose levels; and possibly certain types of cancer. It's the flavonoids in dark chocolate that are so beneficial.

**COURTESY: Pat Baird
Registered Dietitian**

NC SWEET POTATOES

Mother Nature's best work!

Welcome! We offer recipes, growing tips, kids activities, educator information and the latest news.

Did you know that...

- One cup of cooked SweetPotatoes provides 30 mg (50,000 IU) of beta carotene (Vitamin A). It would take 23 cups of broccoli to provide the same amount.
- SweetPotatoes have four times the US Recommended Daily Allowance (USRDA) for beta-carotene when eaten with the skin on.
- SweetPotatoes are a great source of vitamin E, and they are virtually fat-free, which makes them a real Vitamin E standout. Most Vitamin E rich foods, such as vegetable oils, nuts and avocados, contain a hefty dose of fat. Just two thirds of a cup of SweetPotatoes provides 100% of the USRDA for Vitamin E, without the unwanted fat.
- SweetPotatoes provide many other essential nutrients including Vitamin B6, potassium and iron.
- SweetPotatoes are a good source of dietary fiber which helps to promote a healthy digestive tract. SweetPotatoes have more fiber than oatmeal.
- SweetPotatoes are virtually fat-free, cholesterol-free and very low in sodium. A medium SweetPotato has just 118 calories.

Foster's Market Roasted Sweetpotato Salsa

A recipe created by Sara Foster, Cookbook Author and Chef/Owner Foster's Market Durham and Chapel Hill, NC

- 2 medium sweetpotatoes, peeled and chopped into 1/2-inch pieces
- 1/4 cup olive oil
- 1 tablespoon balsamic or red wine vinegar
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1 tomato, cored and chopped
- 1 red bell pepper, cored, seeded and chopped into 1/4-inch dice (about 1 cup)
- 2 jalapenos, seeded and diced
- 2 scallions, minced (green and white part)
- 2 tablespoons fresh chopped cilantro
- Juice and zest of 1 large lime (about 2 tablespoons)
- Salt and freshly ground pepper to taste

Preheat oven to 400 degrees. In a medium bowl, toss the sweet potatoes (and tomato cut in half if roasting*) with the olive oil, vinegar, chili powder and cumin and spread in one layer on a large, rimmed, baking pan. Place in the oven and roast for 30 to 35 minutes, stirring a couple of times, until the potatoes are golden brown and soft. Remove from the oven and set aside to cool.

In a medium bowl, place the tomato, red pepper, jalapeno, scallions, cilantro and lime juice and zest with the sweet potatoes; toss until combined. Season with salt and pepper and serve warm with eggs, tostadas, grilled steak or chicken.

Makes approximately 3 1/4 cups

*Tip: If tomatoes are not in season roast with the sweet potatoes for a better flavor.
all extracts for flavor

COURTESY: Sue Langdon
NC SweetPotato Commission
www.ncsweetpotatoes.com



Half-Scratch Magic Cooking

Cooking for Families or Just for 1 or 2

SWEET AND TANGY RAMEN SALAD

Time: 20 minutes or less

Dressing:

- 1/4 cup rice vinegar
- 2 Tbsp. honey
- 1 Tbsp. vegetable oil
- 1 Tbsp. soy sauce
- Salt & freshly ground pepper to taste
- Pinch cayenne pepper



Pour vinegar, sugar, honey, soy sauce, salt and peppers into a 2-cup glass measure. Heat in the microwave to a boil, about 1 minute. Set it aside.

Salad:

- 1 5-oz. pkg. Japanese curly noodles (Chuka Soba)
- 4 cups napa cabbage
- 1 carrot
- 2 green onions, cut into 1/2-inch diagonal pieces
- 1/2 cup sunflower seed kernels (or slivered almonds)
- 2 cups sliced cooked chicken breast

Crumble noodles into a large salad bowl. Add warm vinegar mixture and let it stand about 10 minutes. Shred cabbage and carrot in the food processor. Use the slicing disk for cabbage and the shredding disk for the carrot. Add cabbage and carrot to noodles. Toss with green onions and sunflower seeds to coat. Top with chicken slices. Serve immediately on chilled plates, or cover and refrigerate up to 8 hours. Makes 4 servings.

RAISIN BREAD PUDDING WITH EASY HARD SAUCE

Prep time: 30 minutes (includes time for bread to soak up the pudding.) Baking time: 1 hour

- 1 16-oz. loaf raisin bread, cut into 1-inch cubes, crusts discarded
- 1/4 tsp. salt
- 2 Tbsp. cornstarch
- 1/2 cup sugar
- 2 cups milk
- 2 large egg yolks
- 1 tsp. vanilla extract
- 1 15-oz. can crushed pineapple, drained



Easy Hard Sauce:

- 1/2 cup confectioners sugar
- 2 Tbsp. sweet butter
- 2 Tbsp. Benedictine or other good brandy or vanilla extract

Heat the oven to 350° F. Spray a loaf pan with vegetable oil cooking spray. Make the pudding: Stir together salt, cornstarch and sugar in a 4-cup or larger glass measure. Gradually stir in milk. Microwave at 100% power 6 minutes. Alternately cook over medium heat, stirring until it thickens. Whisk egg yolks. Whisk a small amount of hot pudding into egg yolks, and then return the mixture to the pudding. Microwave at 100% power 2 minutes. Cook on stove top until thick, stirring. Remove from heat, stir in vanilla and pineapple.

Make a single layer of bread cubes in the bottom of the prepared pan. Cover with pudding. Repeat, until you have used all the bread cubes and all the pudding. Set it aside to soak 20 minutes or so. Cover with foil and bake 1 hour. Cool on a rack. Cut into slices and serve with a drizzle of hard sauce.

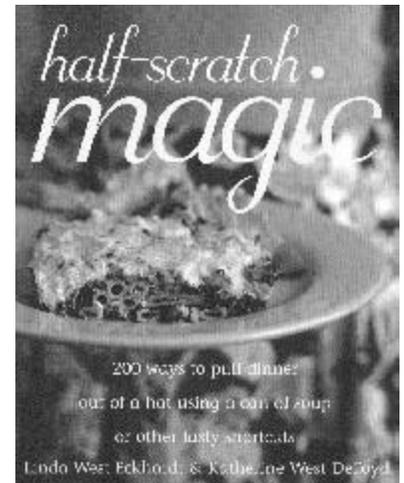
To make hard sauce, simply whisk sugar and butter together in food processor, drizzling brandy in through the feed tube. Drizzle by the tablespoon atop bread pudding slices. Makes 8 servings.

TROPICAL CHICKEN STACK WITH ORANGE AIOLI

Orange Aioli:

- 1/4 cup best quality mayonnaise
- 2 cloves garlic, pressed
- 1 tsp. chili powder
- 2 Tbsp. fresh orange juice
- 1 fully cooked chicken breast (about 10 oz.), carved into slices
- 1 ripe mango, peeled and cut into slices
- 1 head butter lettuce, washed, spun dry and torn into bite-sized pieces
- 6 tostado shells (flat crispy corn tortillas)
- 1 fresh jalapeno, seeded and minced

To make the dressing, stir together mayonnaise, garlic, chili powder and orange juice. Add half the dressing to chicken slices and toss to mix gently. Toss remaining dressing in a large bowl with the lettuce. To make the salad, lay a tostado shell on each plate. Arrange chicken slices in a spoke pattern on top. Alternate with slices of mango. Add a second tostado shell. Mound lettuce atop; then top with a third tostado shell. Garnish with minced jalapeno and serve at once.



CHINESE TOMATO SOUP WITH SHRIMP

Time: 20 minutes or less

- 1 Tbsp. chili oil (or Crisco oil + red chili flakes)
- 1 cup frozen chopped onion
- 1 tsp. chopped garlic
- 1 can Progresso Hearty Tomato Soup
- 1/4 lb. frozen, peeled and deveined shrimp
- 1/4 cup canned water chestnuts
drained
- 1 green onion, minced
- 1/2 tsp. sesame oil
- 1/4 tsp. white pepper
- 1/4 cup frozen peas
- 1/4 cup minced fresh cilantro
- Salt, as needed



Sauté onion and garlic in a medium saucepan over high heat. Sauté until onion is translucent. Stir in garlic and cook another minute until garlic begins to brown. Make the soup: Pour soup over garlic and onion mixture. Add shrimp, water chestnuts, green onion, sesame oil and white pepper. Boil gently just until shrimp turns color, about 3-5 minutes. Stir in frozen peas and heat through. To serve, ladle into soup bowls and finish with minced cilantro. Makes 4 servings or 2 large dinner-sized servings.

ITALIAN VANILLA ICE CREAM WITH MARSALA AND TOASTED WALNUTS

- 1 pint softened Haagen-Dazs vanilla ice cream
- 1/2 tsp. cinnamon
- 1/4 cup chopped toasted walnuts*
- 1/4 cup marsala

Stir all ingredients together, then replace in the freezer at least 30 minutes before serving. Serve in balloon wine glasses.

*To toast walnuts, place them in a dry skillet over high heat and cook and stir until they begin to color up and have a toasty aroma – about 3 minutes. Remove from heat and transfer to a bowl to cool. Makes 6 servings.

**COURTESY: Linda Eckhardt
Cookbook Author**



Notes...