

**Creative Living
with Sheryl
Borden**

**5300
Series**

**Foods &
Nutrition**

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For the following instructions, type (or copy and paste) the websites into your browser.

Peanut Treats - <http://www.kenw.org/cl/clvol4foods2.pdf> - go to page 7

Fischer & Weiser Original Raspberry Chipolte Sauce - <http://www.kenw.org/cl/clvol4foods4.pdf> - go to page 14

Light & Healthy Recipes - <http://www.kenw.org/cl/clvol4foods4.pdf> - go to page 19

Shimmering Rainbow Cream Cheese Mousse - <http://www.kenw.org/cl/clvol4foods4.pdf> - go to page 15

Discovering Dinnertime - <http://www.kenw.org/cl/clvol5foods1.pdf> - go to page 1

North Carolina Blue Crab - <http://www.kenw.org/cl/memoriesfoods1.pdf> - go to page 1



Detailed Description: Rowena’s very own story cook-
books based on her own childhood as an adventurous
tomboy. Following the whimsical story of our jam and jelly
factory, you’ll find recipes for you and your child to enjoy
together. All of our “kid tested” recipes are sure to be
loads of fun!

COURTESY: Rowena Fullinwider
Rowena’s Foods
www.rowena.com

CURRENT NEWS & HEALTH TRENDS



**Florida’s Natural Au’some Fruit Juice
Sour String**



**Florida’s Natural Au’some Fruit Juice
Nuggets**

The whole pack has 100% of vitamin C and 30% of vitamins A, Thiamin, Riboflavin, Niacin and Iron & Zinc.
There’s even 10% of Calcium

COURTESY: Marcie Rothman
author

EAT WELL - EAT PECANS



Nut Health Studies

- Pecans are nutrient dense. They are a good source of protein as well as minerals, such as magnesium, phosphorus, zinc, and vitamins A, E and folate.
- One study showed that people who eat tree nuts frequently had roughly half the risk of a heart attack or a coronary death as those who rarely ate them.
- Pecans contain many phytochemicals, which protect against certain cancers.
- Another study revealed that women were 60 percent less likely to have heart trouble if they ate nuts more than twice a week.

CURRIED CHICKEN PECAN SALAD

- 3/4 cup mayonnaise
- 2 tsp. lime juice
- 3/4 tsp. curry powder
- 2 cups cooked chicken, chopped
- 1 cup pineapple chunks
- 1 cup seedless grapes, cut in half
- 3/4 cup sweetened dried cranberries
- 1/2 cup chopped pecans
- Sliced green onions, garnish

Combine mayonnaise, lime juice and curry powder in a large mixing bowl. Add remaining ingredients and toss to coat. Cover and refrigerate at least 1 hour before serving. Yield: 4 to 5 servings.

BROCCOLI WITH LEMON SAUCE AND PECANS

Sauce:

- 2 tsp. cornstarch
- 1/2 cup chicken broth
- 1/4 cup lemon juice
- 1 Tbsp. sugar
- 1 Tbsp. lemon zest
- 3/4 tsp. pepper
- 1 Tbsp. butter or margarine
- 1/3 cup chopped pecans
- 1 (1 1/2 lb.) broccoli spears, cooked



Combine cornstarch, chicken broth and lemon juice in a small saucepan. Cook over medium heat, stirring constantly, until thickened. Stir in sugar, lemon zest and pepper. Heat thoroughly. Melt butter or margarine in a small skillet; add pecans and sauté until golden brown. To serve: arrange broccoli on a serving platter. Spoon sauce over broccoli and sprinkle with pecans. Yield: 6 servings.

BAKED APPLE PECAN PANCAKES

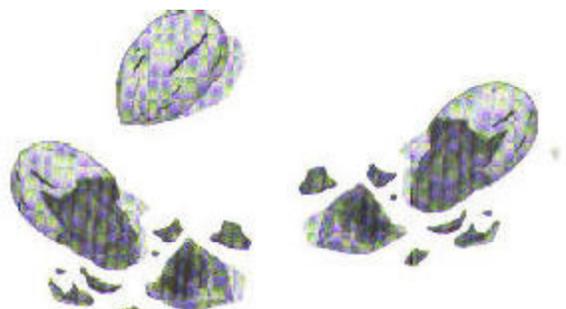
- 2 Tbsp. butter, melted
- 1 peeled, sliced Granny Smith apple
- 1/3 cup pecans, chopped
- 1/2 tsp. ground cinnamon
- 3 Tbsp. maple syrup
- 1 1/2 cups prepared pancake batter
- Maple syrup

Pour melted butter in a 9-inch pie plate. Place apple slice in bottom of plate; sprinkle pecans and cinnamon over apples and drizzle with syrup. Carefully pour batter on top. Bake in a preheated 350° F. oven for 30 to 35 minutes or until top springs back when touched. Loosen edges and invert onto serving plate. To serve: cut in wedges and top with warm maple syrup. Yield: 4-6 servings.



COURTESY: Ann Cox
Western Pecan Growers Assn.

www.tpga.org





BEFORE YOU SHOP

1. Think about your lifestyle. Consider how it may play a part in the foods you buy and cook.

2. Determine your cooking style based on the time you have to prepare a meal. Are you always on the go? Do you pack lunch or dinner depending on your class schedule? Do you skip breakfast and snack all day?

3. Review your social schedule before you shop. It will help you determine what to buy so you don't waste money on food that will spoil in the refrigerator. You'll also be set for last-minute meals for friends.

4. Consider your dietary needs. Do you need to watch fat, salt, sugar, carbohydrates or cholesterol? What foods do you like and dislike? Are healthier foods important to you?

5. Know your kitchen equipment. The food you buy depends on your cooking equipment - microwave, stove, oven or hot plate- and the utensils, such as pots and pans, that you have. A microwave cooks more than a frozen dinner!

6. Check for leftovers you can use with fresh foods you might buy. For example: Make a quick salad with fresh salad greens, leftover meat, chicken or vegetables.

7. Look in your cupboard, refrigerator, and freezer to see what staples need to be replenished. Pay particular attention to basics: pasta, rice, sauces, olive oil, salsas, peanut butter, tuna, eggs, cheese, milk, frozen vegetables and fruits.

8. Plan menus that include fresh seasonal ingredients: produce, meat, fish, poultry and dairy. Fresh foods taste better and you can cook them with your own personal taste in mind.

9. Shop seasonally. Many crops grow best in a particular season—summer, fall, winter or spring—and come to market at their prime during that season. Prices are lower and taste is better for produce that is consumed in the peak of its growing season. For example: Watermelon, peaches and plums are best in summer. If you find them in winter, they most likely came from South America where it is summer and the price will be high and the taste flavorless.

10. Eat seasonal foods and begin to notice your body's food needs. Eat heavier meals when it's cold and lighter ones when it's warm.

11. Keep an ongoing shopping list of what you need for a dinner party, date, or just a weekday after-class dinner. The list keeps you focused, organized and efficient—in the kitchen and in the market—so you'll spend less time shopping and buying unnecessary items.

12. Buy mostly fresh foods instead of those that are prepackaged, boxed, and highly processed. Instant mashed potatoes, convenience rice, or “helpers” are usually preservative laden with an extra dose of salt or sugar. Consider that a fresh potato can be baked in seven minutes in a microwave and tastes much better than the instant variety.

13. Include “planned-overs” (fresh or frozen foods used for more than one meal) in your menus. Planned-overs take advantage of store specials such as a large cut of meat or a ten-pound sack of potatoes. This means cooking more of the same dish to be individually frozen for a quick last minute dinner that can be reheated in the microwave.

14. Note that the coupons in the newspaper (generally on Wednesday and Sunday) are for particular brands of canned, boxed or frozen foods. If you love a certain soup, salsa or want to try a new product, coupons might work for you unless you don't want the hassle of remembering to bring the coupons to the market.

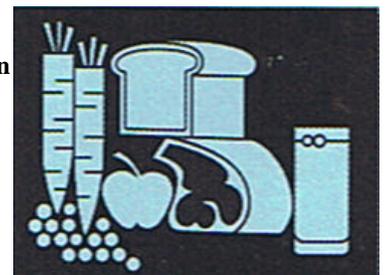
15. Read the weekly food ads in the newspapers and grocery store fliers to learn what's on special, particularly fresh fruits, vegetables and meats. Fresh foods show up in the weekly supermarket specials, not in the Sunday coupons. Specials can help you watch your budget.

16. Consider where to shop. Warehouse shopping is good if you want large quantities of food. Be sure you can use the large amounts of fresh goods you buy; otherwise you're wasting money on food that may go bad.

17. Take advantage of larger quantities and better prices by getting a few friends together to **share the food and shopping**. A variation would be to combine shopping lists, check the ads and shop where the buys are best. Look for good buys and seasonal ingredients in your favorite supermarket and other markets such as: Trader Joe's, Whole Foods, co-ops, farmers markets and such ethnic markets as Mexican, Asian or Italian. Forget shopping at your closest or easiest convenience store where the prices are high and the food selection low.

18. Be flexible when shopping. If your menu calls for something that isn't fresh or in stock, be ready to substitute with an available ingredient.

COURTESY: Marcie Rothman
author



HEART-HEALTHY PISTACHIOS!

It's no secret that taking good care of yourself is important for a long and healthy life. To reduce your risk of chronic disease, pay close attention to your diet and lifestyle, and make sure you are incorporating enough physical activity into your day.

You can be good to your heart by lowering your intake of saturated fat and cholesterol, switching to monounsaturated fats, and eating a variety of foods in moderate amounts. In fact, some of the foods you eat can help you receive the nutrients you need *and* may also help you reduce the risk of certain diseases like heart disease. Obesity (more than 20% over your ideal weight) is the second leading cause of preventable death, contributing to serious health problems, such as heart disease and stroke. The National Academy of Sciences recommends that adults achieve 60 min-utes of physical activity each day. That's a tall order, but one that we can all work to-ward, one step at a time.

The FDA recently announced that eating nuts, such as pistachios, may help reduce the risk of heart disease when eaten as part of a diet low in saturated fat and cholesterol.

This is great news for pistachio lovers! Being naturally cholesterol free and having just 1.5g of saturated fat per serving, pistachios can easily fit into a diet that addresses heart health head-on. Start today!

CALIFORNIA-STYLE PISTACHIO SALAD

DRESSING:

- 1 clove minced garlic
- 1 tsp. Dijon mustard
- 1 Tbsp. Balsamic vinegar
- 6 Tbsp. orange juice (*one orange, freshly squeezed*)

SALAD:

- 3 cups mixed baby greens (*watercress, arugula, frisée, radicchio, curly endive and edible flowers*)
- 1 tart apple (*quartered and sliced*)
- 1/2 cup crumbled blue cheese
- 1/2 cup California pistachio kernels

Mix first four ingredients with wire whisk. Set aside for 5 minutes to mellow flavors. Wash and dry greens; divide equally among four salad plates. Top each salad with apple, blue cheese and pistachios. Drizzle dressing over each. *Alternative: Toss salad ingredients together with dressing. Makes 4 servings.*

Nutrition Facts (per serving): *Calories 200, Total Fat 13g, Saturated Fat 4g, Monounsaturated Fat 5g, Cholesterol 15mg, Sodium 310mg, Potassium 400 mg, Total Carbohydrate 15g, Dietary Fiber 3g, Protein 8g*
% Daily Value: *Vitamin A 15%, Vitamin C 30%, Calcium 15%, Iron 6%.*

PASTA SALAD FLORENTINE

- 6 oz. small tube-shaped pasta
- 2 cups (2 oz.) torn fresh spinach
- 2 cups (11 oz.) halved cherry tomatoes
- 1 1/2 cups (10 oz.) fresh or frozen (*thawed*) peas
- 1/2 cup shelled California pistachios

Dressing:

 Combine the following

- 2 Tbsp. honey
- 2 1/2 Tbsp. Dijon mustard
- 3 Tbsp. red wine vinegar
- 1 egg white
- 1 1/2 tsp. dried oregano (*crumbled*)
- 1/2 tsp. Garlic powder

Cook pasta as package directs. Drain. Toss all ingredients with dressing in large bowl. Makes 4 (2-cup) servings.

Nutritional Analysis (Amount

per serving): *Calories 325, Total Fat 9g, Saturated Fat 1g, Monounsaturated*

Fat 4g, Cholesterol 0mg, Sodium 165 mg, Potassium 590 mg, Carbohydrate 50g, Dietary Fiber 7g, Protein 13g.

**COURTESY: Lisa Journagan
California Pistachio Commission**

www.pistachios.org





Make a Blow-Out Cookie!

Kids really love cookies—and this giant birthday cookie can be decorated as creatively as a cake. Nothing complicated here, just simple stars, outlines, beads and printing—but wait till you see how it lights up the room! Serves 12.



Supplies:

Pan: Round Giant Cookie

Tips: 4, 12, 18, 352

Colors: Kelly Green, Lemon Yellow, Royal Blue, Christmas Red

Recipe: Buttercream Icing (recipe below)

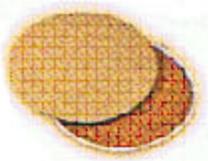
Also: Cake Board; Fanci-Foil Wrap; Disposable Decorating Bags; 18 oz. package ready-to-use chocolate chip cookie dough; black shoestring licorice.

Make 1 1/3 cups of buttercream icing:

Tint as follows: 1/4 cup red, 1/4 cup yellow, 1/4 cup green, 1/4 cup blue; Reserve 1/3 cup white

STEPS:

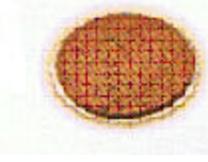
1 Bake cookie in pan according to package directions. Place cake board on top of cookie in pan and invert.



2. Lift off cookie pan. Place foil-covered cake board on cookie.



3. Invert and remove the top cake board.



4. Print message using tip 4 and red icing.



5. Pipe outline candle using tip 12 and red, yellow, green and blue icing.



6. Cut small pieces of licorice and insert into end of each candle for wick. Pipe a bead flame on each candle using tip 352 and yellow icing. Pipe star border using tip 18 and white icing.



BUTTERCREAM ICING RECIPE

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

**COURTESY: Nancy Siler
Wilton Enterprises, Inc.**
www.wilton.com



Why Go Organic?

One of the greatest joys of life is eating and sweeteners make many of our foods taste delicious! The average person will consume 43 pounds of sweeteners per year. The most widely-used sweeteners are conventional white sugar and high fructose corn syrup. Both are highly processed sweeteners and offer no benefits to the health-conscious and environ-mentally-responsible consumer.

There are a broad spectrum of sweeteners to choose from, and they vary in degrees of processing and nutrition. Raw and minimally processed sweeteners generally contain more nutrition and trace minerals than highly processed alternatives.

Organic sweeteners have the added benefit of being grown and processed in a way that is not only healthier for us but for the environment as well. Look for products that have an organic certification to be sure that you are purchasing products that have been grown and processed without using harmful chemicals, pesticides, or herbicides. These organic practices help protect our environment by eliminating polluting chemicals from entering our soil, groundwater, plants, and atmosphere. Organic standards do not allow for crop burning.

Sucanat® - the only sugar cane product of its kind, is made by blending together the two products that typical sugar processing separates - sugar and molasses. The initial pressing of the sugar cane plant contains all of the elements of both sugar and molasses. Through the sugar making process, these two products are separated. All of the nutritional benefits of the sugar cane plant remain with the molasses leaving sugar as "empty calories."

In making Sucanat, two key things are accomplished. First, unlike brown sugar where molasses is simply added back to sugar for color, the molasses and sugar are blended together creating a dry, sweetener product with the vitamins, minerals and trace elements of the sugar cane plant and a lower sucrose level than refined white and brown sugar. Second, the crystals that are formed, as in sugar, are actually bonded naturally as Sucanat is made, forming a granule that is easier to blend with the other ingredients and creates smoother texture in baked goods.

COURTESY: Marie Oser
Wholesome Sweeteners, Inc.
www.wholesomesweeteners.com



Foods & Nutrition Guests

Pat Baird
National Yogurt Assn.
pat@patbaird.com

Ann Cox
Texas Pecan Growers Assn.
E-Mail Address: annccox@aol.com
Texas Pecan Growers Assn.
P. O. Drawer CC
College Station, TX 77841
979-846-3285
Home Page: <http://www.tpga.org>

Rowena Fullinwider
Rowena's
758 W. 22nd St.
Norfolk, VA 23517
800-627-8699
E-Mail Address: rowena@rowenas.com
Home Page: www.rowenas.com

Lisa Journagan
California Pistachio Comm.
1318 E. Shaw Ave., Suite 420
Fresno, CA 93710
559-221-8294
E-Mail: ljournagan@connectdots.com
Home Page: www.pistachios.org

Connie Moyers
Roosevelt Co. Coop. Ext. Service
P. O. Box 455
Portales, NM 88130
505-356-4417
E-Mail Address: comoyers@nmsu.edu

Marie Oser
Wholesome Sweeteners, Inc.
8016 Highway 90A
Sugar Land, TX 77479
281-490-9579
Home Page: www.wholesomesweeteners.com

Marcie Rothman
Five-Spot Press/Western Research Kitchens
P. O. Box 6789
San Diego, CA 92166
888-243-3535

Bernard Schnacke
Frieling USA, Inc.
1920 Center Park Dr.
Charlotte, NC 28217
704-329-5100
E-Mail Address: Bernard@frieling.com
Home Page: www.frieling.com

Nancy Siler
Wilton Industries, Inc.
2240 West 75th St.
Woodridge, IL 60517
630-810-2205
FAX: 630-963-7299
E-Mail Address: Nsiler@wilton.com
Home Page Address: <http://www.wilton.com>

Brian Stapleton
The Carolina Inn – 211 Pittsboro St., Chapel Hill, NC
27516
North Carolina Seafood, P. O. Box 2066, Elizabeth City,
NC 27909
919-918-2737
E-Mail: chefbrian@carolinainn.com
Home Page: www.nc-seafood.org
Or www.carolinainn.com

Gayle Stephenson
Texas Peanut Producers Board
1208 14th St., Suite 601
Lubbock, TX 79401
800-734-0086
E-mail address: gayleandcompany@msn.com
Home Page Address: <http://www.texaspeanutboard.com>

Sue Vaughn
Jan-Su Publications
1012 N. 9th
Lamesa, TX 79331
806-872-8667
E-Mail Address: gdvaughn@pics.net

Mark Wieser
Fischer & Wieser Specialty Foods, Inc.
411 S. Lincoln St.
Fredericksburg, TX 78624
800-369-9257
830-997-7194
FAX: 830-997-0455
E-Mail Address: mark.wiser@jelly.com
Home Page: www.jelly.com