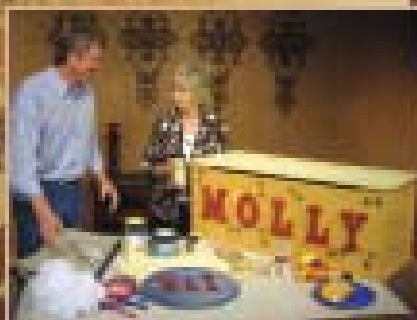


# *Creative Living with Sheryl Borden*

*-A New Dimension*



*5800 Snow*

*Foods & Nutrition - Section 11*

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**Due to the size of this section, it has been separated into three sections in order for it to be downloaded more quickly. For instance, “Cake for the Coffee Lover” is in Section I on page 3, whereas “Eating Turkey for Breakfast, Lunch and Dinner” is in Section II on page 10, and “Dannon Probiotics Center” is in Section III on page 17.**

# Eating Turkey for Breakfast, Lunch and Dinner

## Asian Turkey Salad with Crispy Wontons

- 1 pkg. (about 1 lb. Honeysuckle White® Turkey Breast Tenderloins
- 3 Tbsp. vegetable oil
- Salt and black pepper
- 1 Tbsp. sesame oil
- 2 Tbsp. rice vinegar
- 1 Tbsp. honey
- 1 tsp. reduced sodium soy sauce
- 4 cups shredded napa cabbage
- 4 cups red cabbage
- 1/2 cup thinly sliced green onions
- 1 1/2 cups fried wonton strips\*
- Sesame seeds for garnish (optional)



Heat oven to 350° F. Brush turkey with 1 tablespoon of the oil and sprinkle with salt and pepper. Place turkey on a baking pan, cover with foil and bake 30 minutes. Uncover and bake about 20 minutes more or until internal temperature reaches 170° F. Cool turkey and shred or cut into 1/2-inch cubes. In large bowl, whisk together remaining vegetable oil, sesame oil, vinegar, honey and soy sauce. Add napa and red cabbage, turkey and green onions; toss to coat with dressing. Divide salad among 6 plates. Garnish with fried wonton strips. Sesame seeds can be used as an additional garnish, if desired.

\*To make fried wonton strips, cut 6 (3-1/2 -inch-square) wonton wrappers into 1/4-inch strips. In deep, heavy pot, heat about 1 quart vegetable oil to 350° F. Deep-fry wonton strips 30-40 seconds or until golden brown. Remove with skimmer; drain on paper towels.

## Turkey Pepper Fajitas

- 1 package (about 1 pound) Honeysuckle White® Turkey Breast Tenderloins
- Salt and black pepper
- 1 tablespoon olive oil
- 1 medium green bell pepper, diced
- 1 medium red bell pepper, diced
- 1 medium yellow bell pepper, diced
- 1 small red onion, diced
- 3 garlic cloves, minced
- 1 jalapeño, minced

- 1/2 cup low-sodium barbecue sauce
- 8 8-inch flour tortillas

Heat oven to 350° F. Place turkey on baking pan, season with salt and pepper. Cover with foil and bake 30 minutes. Uncover and bake about 10 minutes more or until internal temperature reaches 170°F. Cool; cut or shred into bite-size pieces. In large skillet, heat oil over medium heat. Add bell peppers, onion, garlic and jalapeño; cook about 5 minutes or until vegetables start to soften. Add turkey and barbecue sauce; stir over low heat until hot. Heat tortillas on grill or griddle. Spoon turkey mixture into tortillas; roll up.



## Turkey Sausage and Egg Breakfast Casserole

- 1 tablespoon olive oil
- 6 Honeysuckle White® Turkey Breakfast Sausage Patties
- 1 medium red bell pepper, chopped
- 1 bunch green onions, chopped
- 6 eggs
- 2 cups skim milk
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- Nonfat cooking spray
- 6 slices whole wheat bread, cut into 1-inch pieces
- 1/2 cup reduced fat shredded cheddar cheese

Heat oven to 325° F. In large skillet, heat oil over medium heat. Add sausage; cook about 5 minutes, stirring occasionally to break up sausage. Stir in bell pepper; cook about 5 minutes or until pepper starts to soften. Stir in green onions; remove from heat. In large bowl, whisk together eggs, milk, salt and pepper. Spray an 8 x 8-inch baking dish with cooking spray. Spread half the bread cubes in baking dish and spread half the sausage mixture on top. Sprinkle with half the cheese. Repeat layers with remaining



bread, sausage mixture and cheese; pour egg mixture over evenly. Bake 55-60 minutes or until eggs are set and top is lightly browned.

Note: Casserole may be assembled ahead and refrigerated up to 1 day before baking.

## Turkey Make-Over Recipes

### Sweet and Spicy Meatloaf

- 1 Tbsp. vegetable oil
- 1 cup chopped onions
- 1 Tbsp. chopped garlic
- 1 Tbsp. chopped ginger
- 2 large eggs
- 1/2 cup low-fat 1% milk
- 1/2 cup panko Japanese breadcrumbs
- 1 pkg. (1.2 pounds) Honeysuckle White® 93/7 Lean Ground Turkey
- 1/4 cup ketchup
- 1/4 cup Thai chili sauce, divided
- 2 teaspoons reduced-sodium soy sauce
- Nonstick cooking spray



Heat oven to 400° F. In skillet, heat oil over medium heat. Add onions, garlic and ginger; cook about 5 minutes or until onions start to soften. In mixing bowl, whisk together eggs, milk and panko. Add turkey, onion mixture, ketchup, 2 tablespoons Thai chili sauce and the soy sauce; mix gently but thoroughly (mixture will be very wet). Lightly coat an 8-1/2 x 4 x 3-inch loaf pan with cooking spray. Transfer mixture to loaf pan, mounding it in the middle. Brush with remaining Thai chili sauce. Bake in middle of oven about 1 hour or until thermometer inserted into meatloaf reads 170° F. Let stand at least 5 minutes before serving; meatloaf may be served hot, room temperature or cold.

### BLT Burger

- 1/4 cup light mayonnaise
- 1 tablespoon Dijon mustard
- 1 package Honeysuckle White® Fresh Ground Turkey Patties (4 patties)
- Salt and black pepper
- 4 hamburger buns, toasted or grilled
- 4 leaves lettuce, washed and dried
- 4 slices beefsteak tomato

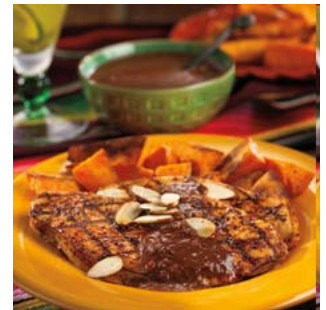
- 8 strips Honeysuckle White® Hardwood Smoked Turkey Bacon, broiled until crisp



In small bowl, whisk together mayonnaise and mustard. Season turkey patties with salt and pepper. Grill over gas or charcoal until cooked through, or cook over medium heat in skillet coated lightly with cooking spray. Spread mayonnaise mixture on cut sides of buns. Place turkey patties in buns and top each patty with 1 lettuce leaf, 1 tomato slice and 2 bacon strips; close buns.

### Grilled Turkey Cutlets with Chipotle Mole

- 1 lb. sweet potatoes
- 1 Tbsp. olive oil
- Salt and black pepper
- 1 cup low-sodium chicken broth
- 1/4 cup pitted dried plums
- 3 canned chipotles in adobo, rinsed and seeded
- 1/3 cup toasted sliced almonds
- 1 ounce bittersweet chocolate
- 1 pkg. (about 1 1/2 pounds) Honeysuckle White® Turkey Breast Cutlets
- 1 tablespoon chipotle or chili powder



Heat oven to 400° F. Cut sweet potatoes lengthwise into wedges; toss with olive oil and season with salt and pepper. Spread sweet potatoes on a roasting pan in one layer; roast about 30 minutes or until tender. Meanwhile, to make mole, in saucepan, bring broth and dried plums to a boil. Remove from heat, cover and let sit 5 minutes. In blender, purée dried plums, broth, chipotles and 2 tablespoons of the almonds. Return mixture to saucepan; add chocolate and stir over low heat until chocolate is melted. Season with salt. Keep warm. Season turkey with chipotle powder and salt. Grill over gas or charcoal about 4 minutes on each side or til cooked through. Arrange turkey and sweet potatoes on platter or individual plates. Spoon mole over turkey and sprinkle with remaining almonds.

# Holiday Recipes & Entertaining

## Thanksgiving Chopped Salad

- 1 pkg. (about 1 pound) Shady Brook Farms® Turkey Breast Tenderloins
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 6 cups chopped radicchio
- 6 cups chopped romaine hearts
- 1 cup dried cranberries
- 3/4 cup bottled balsamic dressing
- 3 tablespoons maple syrup
- 1 cup sliced or slivered almonds, toasted
- 3 tablespoons maple syrup
- 1 cup sliced or slivered almonds, toasted

Preheat oven to 350° F. Brush tenderloins with olive oil and sprinkle with salt and pepper. Place tenderloins on a baking pan and bake covered for 30 minutes. Uncover and bake until internal temperature reaches 170°F, about 20 minutes. Cool turkey and shred or cut into 1/2-inch cubes. In a large bowl, combine turkey, radicchio, romaine and cranberries. Whisk together balsamic dressing and maple syrup, pour over salad and toss gently until combined.

Transfer to serving bowl and sprinkle with almonds.

(This salad is a great way to use roast turkey left over from Thanksgiving dinner.)



## Turkey Cutlets with Winter Fruit Sauce

- 1/2 cup white wine
- 1/2 cup low-sodium chicken broth
- 1/2 cup dried apricots
- 1/2 cup dried plums
- 1 cinnamon stick
- 1 package (about 1 1/2 pounds) Honey-suckle White® Turkey Breast cutlets
- Salt and black Pepper
- 2 teaspoons olive or vegetable oil
- 1/4 cup half-and-half
- 1 teaspoon cornstarch
- 1 12-ounce package whole wheat linguine, cooked
- 2 tablespoons chopped parsley



In small saucepan, bring wine, broth, dried apricots, dried plums and cinnamon stick to a simmer. Remove from heat, cover and let stand at least 10 minutes. Season turkey with salt and pepper. In large skillet, heat oil over medium heat. Cook turkey about 4 minutes on each side or until browned and cooked through. Remove from skillet; keep warm. Add wine, broth and dried fruit to skillet; discard cinnamon stick. Simmer until about 1/2 cup liquid remains. In small bowl, mix half-and-half and cornstarch. Add to skillet; simmer 1-2 minutes or until sauce thickens. Place linguine on platter or individual plates; arrange turkey cutlets on top of linguine and spoon sauce and fruit over. Sprinkle with parsley.

## Barbecued Turkey Burgers with Three-Bean Salad

- 1 15.25-ounce can kidney beans, drained and rinsed
  - 1 15-ounce can garbanzo beans, drained and rinsed
  - 1 cup frozen cut green beans, thawed
  - 1 cup frozen corn kernels, thawed
  - 1 cup diced plum tomatoes
  - 1/2 cup diced red onion
  - 1/2 cup low-fat honey-mustard vinaigrette
  - 3 Tbsp. chopped fresh dill *or* 1 Tbsp. dried dill
  - Salt and black pepper
  - 1 pkg. Honeysuckle White® Ground Turkey Patties
  - 1/3 cup smoky barbecue sauce
  - 4 whole-grain hamburger buns, toasted or grilled
- Optional: Lettuce, tomato and red onions to garnish burger

To make Three-Bean Salad, in large bowl, mix together kidney beans, garbanzo beans, green beans, corn, tomatoes, onion, vinaigrette and dill. Season with salt and pepper.

Brush turkey patties with half of the barbecue sauce. Grill over gas or charcoal about 2 minutes on each side, or cook over medium heat in skillet coated lightly with cooking spray until cooked through. When turkey patties are cooked, brush with remaining barbecue sauce; place in buns. Serve with Three-Bean Salad.

**COURTESY: Christine Palumbo**  
**Honeysuckle White & Shady Brook Farms Turkey**  
[www.honeysucklewhite.com](http://www.honeysucklewhite.com)



## Twist Your Tastebuds

### Mini Cookies with Grapefruit Cream Cheese Filling

- 8 oz. cream cheese, softened
- 1/2 Texas Rio Star Grapefruit, sectioned
- 2 Tbsp. grapefruit zest
- Box of vanilla wafer cookies



Combine cream cheese, grapefruit sections and zest, then beat until smooth and of a spreading consistency. Spread a small spoonful of cream cheese mixture on flat side of one wafer, and top with an additional wafer. For softer cookies, cover and place in refrigerator for 1 hour.

### Orange-Filled Jello Slices

Make orange jello according to package directions. After removing sections



of a grapefruit half, fill with the jello and let set in the refrigerator until set up.

**COURTESY: Kymberly Meade**  
**TexaSweat Citrus Marketing , Inc.**  
[www.texasweet.com](http://www.texasweet.com)

# California Raisins - the Wise Choice

## California Celebration Slaw

### Salad

- 1 pkg. (16 ozs.) shredded cabbage with carrots
- 1 medium apple; cored and diced
- 1 medium orange; peeled and cubed
- 1 small green pepper, chopped
- 1/2 cup California golden raisins
- 1/2 cup California natural raisins
- 4 tablespoons chopped nuts

### Dressing

- 1 cup mayonnaise
- 1/2 cup bottled chili sauce
- 1 tablespoon lemon juice
- Salt, to taste



In large bowl, toss together cabbage, apple, orange, green pepper, raisins and nuts. In small bowl combine mayonnaise with chili sauce, lemon juice and salt. Pour dressing over slaw mixture; toss lightly to coat. Serves 8

## Frothy Yogurt Shake

- 1/2 cup California raisins
- 1/2 cup milk
- 1/2 cup yogurt, plain or flavored
- 1/2 medium banana, sliced
- 1/2 teaspoon vanilla

Purée raisins, milk and yogurt in blender or food processor. Add banana and vanilla; process until smooth. Yields: 2 cups.

## Sweet and Spicy Chili

- 3 pounds lean ground beef
- 2 large onions, diced
- 1/4 teaspoon garlic powder
- 1 can (32-ounce) whole tomatoes with juice
- 1 14.5-ounce tomato sauce
- 2 small cans (8 ounces each) sliced mushrooms
- 1 cup sliced ripe olives



- 1 cup diced celery
- 1 large green pepper, diced
- 1 1/2 teaspoons salt
- 3 tablespoons chili powder
- 1/8 to 1/4 teaspoon ground red pepper
- 2 tablespoons sugar
- 2 beef bouillon cubes
- 1 cup California raisins
- 1 bay leaf
- 5 whole cloves
- 2 cans (15.5-ounce) kidney beans, drained

Brown ground beef, onions and garlic powder in large stockpot. Drain excess fat, if necessary. Add remaining ingredients except kidney beans, including bay leaf and cloves in a tea basket or cheesecloth for easy removal. Bring to boil; reduce heat and simmer, uncovered, for 2 hours, stirring occasionally. Stir in kidney beans and heat through. Remove bay leaf and cloves; adjust seasonings and serve in crocks or bowls. Serves: 25.

## Breakfast Raisin-Banana Tortilla Roll-up

- 4 8-in. flour tortillas
- 1 cup peanut butter
- 2 medium bananas, sliced
- 6 tablespoons California raisins



For each sandwich, spread 1 side of 1 tortilla with 1/4 cup peanut butter. Cover with half of 1 sliced banana and sprinkle with 1 1/2 tablespoons raisins. Roll tortilla up tightly; cut in half to serve. Repeat to make 3 more sandwiches. Sandwiches can be made up to 12 hours in advance, wrapped tightly in plastic wrap and refrigerated. Serves 4. Note: For a change, substitute 8 ounces softened cream cheese combined with 2 teaspoons honey and 1 teaspoon grated orange peel for the peanut butter.

## OATMEAL RAISIN COOKIES

- 3-1/4 cups all purpose flour
- 2 tsp. baking soda
- 1 tsp. salt
- 4 cups rolled oats
- 1 cup sugar
- 1 1/4 cups brown sugar, packed
- 1 tsp. ground cinnamon
- 1/4 tsp. ground cloves
- 1/2 tsp. ground nutmeg (optional)
- 1 1/4 cups shortening
- 3/4 cups + 2 Tbsp. butter or margarine
- 3 whole eggs\*
- 1 Tbsp. vanilla
- 1 1/2 cups California raisins, plumped\*



Heat toaster oven or regular oven to 375°F. Place pizza crusts on small tray for toaster oven. Spread with spreadable fruit. Sprinkle with apples, raisins and cheese. Bake at 375°F for 10 minutes or until thoroughly heated and cheese is melted. Yields: 2 mini pizzas (1/2 pizza each serving)

**COURTESY: Mary Lee Chin**  
**California Raisin Marketing Board**  
[www.loveyourraisins.com](http://www.loveyourraisins.com)

Blend flour, baking soda, salt, rolled oats, sugar, brown sugar, cinnamon, cloves and nutmeg for 2 minutes in mixer bowl on low speed. Add shortening, butter, eggs and vanilla. Mix for 1 minute on medium speed. Add raisins and blend for 30 seconds on low speed. Portion with No. 40 scoop in rows of 6 down and 5 across onto each of 2 sheet pans (18 x 26 x 1-inch). Bake until lightly browned in Conventional oven - 350° F for 12 to 14 minutes or Convection oven - 300°F for 6 to 8 minutes. Cool completely. Remove from sheet pans. Yield: 50 cookies.

\*Note: May substitute 1 1/2 ounces (1/2 cup) dried whole eggs and 1/2 cup water for shell eggs.

## Raisin Apple Mini Pizzas

*Easy to make, fruit-flavored pizzas are a tasty variation on this traditional snack.*



- 2 baked mini pizza crusts
- 3 Tbsp. apricot spreadable fruit or preserves
- 1/2 cup finely chopped apple
- 1/2 cup California raisins
- 1/2 cup shredded Monterey Jack cheese

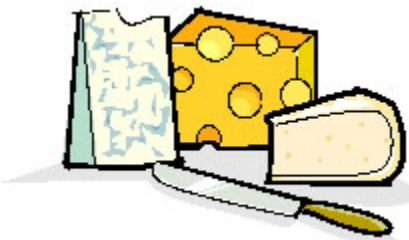


# Festive Foods

*These recipes are special enough for holiday company, but many offer the comforts of a hearty meal on a cold winter day. Several of these recipes can be made ahead or use the slow cooker to free up your time during the busy holiday season. Enjoy!*

## Cheesy Spinach and Bacon Dip

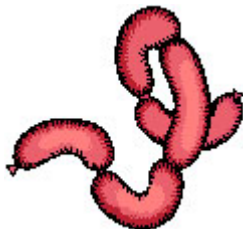
- 1 pkg. (10 ozs.) frozen chopped spinach, thawed, drained
- 1 pkg. (16 ozs.) pasteurized prepared cheese product, cut into 1/2-inch cubes
- 4 ozs. (1/2 of 8 ozs. pkg.) cream cheese, cubed
- 1 can (10 ozs.) diced tomatoes & green chiles, undrained
- 8 slices bacon, crisply cooked, crumbled



Combine ingredients in a microwavable bowl. Microwave on HIGH 5 minutes or until cheese is completely melted and mixture is well blended, stirring after 3 minutes. Serve with tortilla chips and cut up vegetables.

## Spicy Chipotle-Barbecue Sausage Bites

- 1 bottle (28 ozs.) barbecue sauce
- 1 jar (18 ozs.) cherry preserves
- 3 canned chipotle peppers in adobo sauce, chopped, undrained
- 1/2 cup water
- 1 tablespoon adobo sauce from can
- 2 pkgs. (16 ozs.) cocktail size smoked sausages



Mix all ingredients in a slow cooker. Cover and cook on LOW for 4 to 5 hours. Serve warm. Makes 12 to 14 appetizer servings.

## Cherry Punch Bowl Cake

- 1 pkg. (4 serving size) vanilla instant pudding mix
- 2 cups milk
- 1 16 ozs. frozen pound cake, cut into 1/2-inch cubes
- 1 can (20 ozs.) cherry pie filling
- 1 can (8 ozs.) crushed pineapple, undrained
- 2 bananas, sliced
- 1 carton (8 ozs.) frozen whipped topping, thawed
- 1/2 cup chopped pecans
- 1/2 cup flaked coconut

Mix pudding mix with milk. Set in refrigerator to partly set. (It works better in this recipe if it is not completely set.) Use a very large clear glass bowl for best effect or any very large bowl. Layer half of each ingredient in the bowl in the following order: cake, cherry pie filling, pudding, pineapple, banana slices, whipped topping, pecan and coconut. Repeat layers, using remaining half of each ingredient. Chill 1 to 2 hours or overnight. Makes 12-14 servings.

**COURTESY: Connie Moyers  
New Mexico Cooperative Extension Service**

