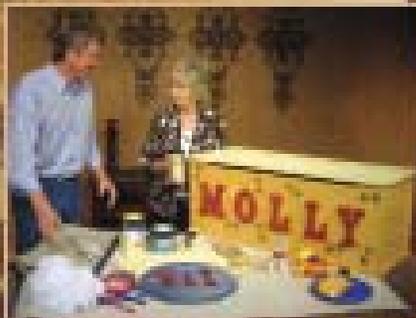


# *Creative Living* with *Sheryl Borden* -A New Dimension



*5800 Series*

*Foods & Nutrition - Section III*

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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.**



## What Are Probiotics?

Probiotics are living microorganisms, usually lactic acid bacteria, that when consumed in sufficient numbers can provide health benefits that go beyond basic nutrition. The benefits are due, in large part, to the effects of these so-called "friendly" bacteria on different intestinal functions. Daily consumption of probiotic foods, such as yogurt and cultured dairy drinks, may be beneficial in one of several ways. Some probiotics help strengthen your body's natural defenses by providing a regular source of "friendly" bacteria for the intestinal tract, some might provide a nutrient-rich source of calcium for people who are lactose-intolerant; and some may help correct an imbalance of good to bad bacteria in the intestinal tract. Several different types of probiotic cultures (*L. casei*, *L. acidophilus*, *L. plantarum*, *B. bifidum*) are used in many dairy products around the world. Potential benefits may vary depending on the type of probiotic bacteria consumed.

## Probiotics : Food vs Supplements

When you shop for probiotics, you have a choice of probiotic supplements, usually in the form of capsules, or probiotic foods, like yogurt or other fermented dairy drinks. While Europeans prefer to get their probiotics from foods, probiotic supplements are popular in the U.S. Sales of fermented dairy products in Europe are three times what they are in the U.S. There are several reasons why probiotic foods are the preferred choice for getting probiotic bacteria. If you choose a probiotic supplement, you're getting beneficial bacteria, but not necessarily some of the much-needed nutrients you might get from a probiotic conventional food or the beneficial compounds that the cultures produce during fermentation. On the other hand, fermented dairy products, like yogurt, are sources of calcium, riboflavin, vitamin B12, potassium and certain amino acids, all nutrients that are critical for good health. In addition, during the fermentation of dairy foods, new products such as functional peptides are formed, which research shows may have beneficial effects.

**COURTESY: Pat Baird  
Dannon**  
[www.probioticscenter.com](http://www.probioticscenter.com)



## Hot Beef “Sundaes”

- 1-1/2 pounds beef for stew, cut into 1 to 1-1/2-inch pieces
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 cup jarred beef gravy
- 1 cup frozen peas or mixed vegetables
- 2 cups instant potato flakes
- 2-1/2 cups reduced-fat milk
- 1/2 cup shredded Cheddar cheese
- 1/4 cup reduced-fat or fat free dairy sour cream
- 4 cherry or grape tomatoes
- 1/4 teaspoon salt

Combine beef, onions, garlic and gravy in 3-1/2 to 5-1/2-quart slow cooker; toss to coat evenly. Cover and cook on LOW 8 to 9 hours or on HIGH 4 to 5 hours or until beef is fork-tender. Add peas and cook until peas are just tender, about 5 minutes. Meanwhile, heat milk in medium saucepan over medium heat until just steaming. Add potato flakes and salt; stir until smooth. Remove from heat; keep warm. Using ice cream scoop, place 2 scoops (about 1/3 cup each) mashed potatoes in each of 4 individual sundae cups or serving bowls. Divide beef mixture evenly over potatoes in each dish. Evenly sprinkle with cheese and top with sour cream. Place 1 tomato in center of each serving for "cherry." Makes 4 servings.

This recipe is an excellent source of protein, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber and niacin.



**COURTESY: Teresa Wagner DairyMax**  
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## CHOCOLATE FOR DIETING

### Vegan Chocolate Spice Cake

This easy one-bowl cake is for those who love chocolate and spice together, and vegans will appreciate that it is free of dairy and eggs. If you prefer not to use all the spices, you can leave out one, such as the cloves, and add a 1/4 teaspoon more of another, such as the cinnamon.

- 1 3/4 cups Carol's Sorghum Blend (see recipe below)
- 1 cup sugar
- 1/3 cup unsweetened cocoa powder (not Dutch-process or alkali)
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 3/4 tsp. xanthan gum
- 3/4 tsp. salt
- 1/2 tsp. freshly grated nutmeg
- 1/4 tsp. ground cloves
- 1/3 cup canola oil
- 1 Tbsp. cider vinegar
- 2 tsp. pure vanilla extract
- 1 cup hot (120 degree) water



Place a rack in the middle of the oven. Preheat the oven to 350° F. Generously grease an 8-inch square nonstick (gray, not black) baking pan; set aside. Place all of the ingredients in a medium mixing bowl. Beat with an electric mixer on low speed until thoroughly blended. Transfer the batter to the prepared pan, spreading evenly with a wet spatula. Let stand 10 minutes. Bake 25 to 35 minutes or until a toothpick inserted in the center of the cake comes out clean. Cool the cake in the pan 20 minutes on a wire rack. Serve warm or at room temperature. Makes 8 servings.

### Carol's Sorghum Blend

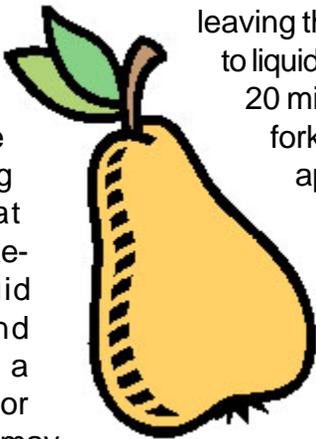
- 1 1/2 cups sorghum flour
- 1 1/2 cups potato starch/cornstarch
- 1 cup tapioca flour

Whisk the ingredients together until well blended. Store, tightly covered, in a dark, dry place. You may refrigerate or freeze the blend, but bring to room temperature before using. Makes 4 cups. You may double or triple the recipe.

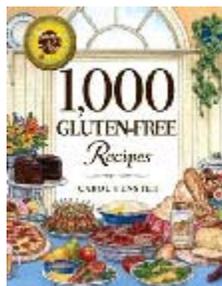
## Poached Pears in Chocolate Sauce

- 1 bottle (750 ml) white wine
- 2 cups water
- 1 teaspoon vanilla extract
- 1 cinnamon stick (optional)
- 1 tablespoon lemon juice, plus extra to prevent pears browning
- 2 1/4 cups sugar
- 4 ripe firm Bosc pears
- Store-bought (GF) chocolate sauce, such as Scharffen Berger

In a tall, narrow saucepan that will hold 4 upright pears, combine wine, water, vanilla, cinnamon stick, lemon juice, and sugar. Bring to a boil, then reduce heat to medium low and simmer for 5 minutes. Peel and core the pears from the bottom, leaving the stems intact. Add pears to liquid, cover, and simmer 15 to 20 minutes or until the pears are falling from heat. Remove pears from liquid with a slotted spoon and place each pear on a shallow serving plate or bowl. You may refrigerate the pears until serving time or leave them on the countertop while you reduce the sauce. (Just be sure to bring the pears and sauce to room temperature before serving.) Continue to simmer the sauce over medium-low heat, uncovered, until it is reduced to about 1 cup liquid or until it becomes slightly syrupy. Let cool slightly before serving. To serve, place each pear on a dessert plate and pour a little chocolate sauce around pear. If you wish, you may also pour a little of the reduced sauce around each pear as well. Serve. Serves 4.



**COURTESY: Carol Fenster Savory Palate, Inc.**  
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## Texas Citrus: Healthy & Sweet

### Texas Citrus Salsa

- 1 Texas Red Grapefruit, peeled, sectioned and chopped
- 1 large Texas Orange, peeled, sectioned and chopped
- 1 medium tomato
- 1 cup diced green, red, and yellow bell pepper (use a mixture of all three peppers for best color contrast)
- 1 jalapeno pepper, seeded and minced
- 3 tablespoons chopped red onion
- 1 tablespoon chopped fresh cilantro
- 1 1/2 teaspoons sugar
- 1/4 teaspoon salt



Mix grapefruit, orange, peppers, onion, cilantro and seasonings. Seed and chop the tomato. Combine all the salsa ingredients in a medium mixing bowl. Drain juice before serving. Makes about 2 cups. Excellent when served on top of grilled fish or chicken!

### Sweet & Sour Grapefruit Chicken

- 1/4 cup fresh Texas Rio Star Grapefruit juice
- 1/4 cup olive oil
- 3 tablespoons ketchup
- 2 tablespoons soy sauce
- 2 tablespoons Dijon mustard
- 3 minced garlic cloves
- 1 teaspoon sugar
- 1/4 teaspoon black pepper
- 3-3 1/2 pound chicken, cut up
- 2 Texas Rio Star Grapefruits, sectioned



In small bowl combine all ingredients except chicken; place in plastic storage bag or container. Add chicken parts; let marinate in refrigerator 1-4 hours. Preheat oven to 375° F. Place chicken with marinade in shallow roasting pan; bake 45 or until chicken is done. Serve with grapefruit sections. Makes 4 servings.

**COURTESY: Eleisha Ensign TexaSWEET Citrus Marketing, Inc.**  
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