

A Tradition: “Creative Living”



With your host, Sheryl Borden!

5900 Series
Foods & Nutrition - Section I

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Foods & Nutrition

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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Pleasing Picky Eaters” is in Section I on page 3, whereas “Microwave Cooking Basics” is in Section II on page 10.

Pleasing Picky Eaters



Every child needs to be well-nourished to achieve optimum growth and health. But, as every parent knows, preparing and presenting the food is one task, the challenge too often is to get them to actually eat it. The best way to get kids to eat healthier is to make healthy eating fun and get them involved with all aspects of meal and food planning: from menu planning, to in the grocery store, and into the kitchen. Start with the nutrition basics by looking at the Food Guide Pyramid. Make smart choices from every food group: grains, vegetables, fruits, milk and dairy and meat and beans. Try some of the following recipes:

No-mess Banana Nut Pancakes with Cinnamon-Raisin Syrup

Pancakes:

- 1 large ripe banana
- 2 cups whole grain pancake mix
- 1 cup fat-free milk
- 1/2 cup California raisins
- 1/4 cup maple syrup
- 1/4 cup chopped walnuts
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg



Maple Raisin Topping

- 1/2 cup maple syrup
- 1/4 cup California raisins
- 1/4 teaspoon ground cinnamon

Place banana in large resealable plastic bag and squeeze to mash. Add remaining pancake ingredients; seal and knead to mix well. Snip corner off bag and squeeze batter onto a large hot griddle coated with nonstick cooking spray to make circles or squiggles or happy faces, as desired. Cook over medium heat for about 3 minutes on each side, until lightly browned.

For topping, combine ingredients in small bowl and microwave on HIGH for 30 seconds till warm. Serves 6.

Fruit Salsa Salad

- 2 cups fresh pineapple chunks, cut up
- 1 kiwi fruit, peeled and coarsely chopped
- 1 large orange, peeled and coarsely chopped
- 3/4 cup California raisins
- 1/4 cup finely chopped red onion
- 1/4 cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 tablespoon honey, if desired



In medium bowl, combine all ingredients; stir well. Cover and refrigerate at least 1 hour or until chilled. Serve the same day for best flavor with broiled or grilled chicken or pork. Yields: 4 cups.

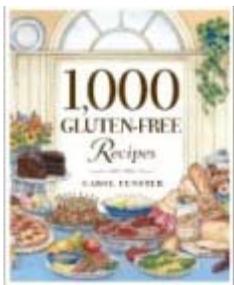
South of the Border Bowl

- 1 pound ground beef
- 1 pkg. (1 1/4 to 1 1/2 oz.) taco seasoning mix
- 1 cup California raisins, divided
- 1 head iceberg lettuce
- Corn chips, as needed
- 1 cup cooked or canned kidney beans
- 1 large ripe tomato, diced
- 1/2 cup shredded Cheddar cheese
- 1/2 cup bottled spicy tomato dressing



Prepare beef with seasoning mix according to package directions. Stir in 1/2 cup raisins; set aside to cool. Line serving bowls with lettuce leaves and stand corn chips all around. Tear remaining lettuce into bite-size pieces and divide about one-third among bowls. Divide and spoon meat mixture on top. Layer another third of lettuce on top of meat. Divide beans and spoon on top. Layer remaining lettuce on top of beans and then divide and layer with tomato, cheese and remaining raisins. Drizzle with dressing. Serves 6.

COURTESY: Mary Lee Chin
California Raisin Marketing Board
www.loveyourraisins.com



Making the Most of Gluten-Free Bread

According to author and nutritionist, Carol Fenster, PhD, gluten-free bread costs more than regular bread. Because of this, she suggests ways to make the most of every slice -- even stale, leftover bread, and here are three of her suggestions:

CROUTONS

- 4 slices gluten-free bread of your choice
- Olive oil cooking spray
- Garlic powder (optional)
- Italian herb seasoning (optional)

Place a rack in the middle of the oven. Preheat oven to 375 degrees F. Line a 13x9-inch rimmed baking sheet (not nonstick) with foil. Trim the crusts from the bread and cut the slices into 1/2-inch cubes. Spray the cubes with cooking spray. Dust with garlic powder or Italian seasoning to taste, if using. Place the cubes in a single layer on the prepared sheet. Toast 5 to 10 minutes, until the croutons are lightly browned. Store tightly covered in the refrigerator for up to 2 weeks and in the freezer for up to 3 months.

PLAIN BREAD CRUMBS

- 4 cups gluten-free bread of choice, torn into small pieces

Place the bread in a food processor and pulse until the crumbs reach desired consistency. Store tightly covered in the refrigerator for up to 2 weeks and in the freezer up to 3 months.

Italian Bread Crumbs: Add 1 teaspoon onion powder and 4 teaspoons Italian Herb Seasoning to the recipe above; toss well.

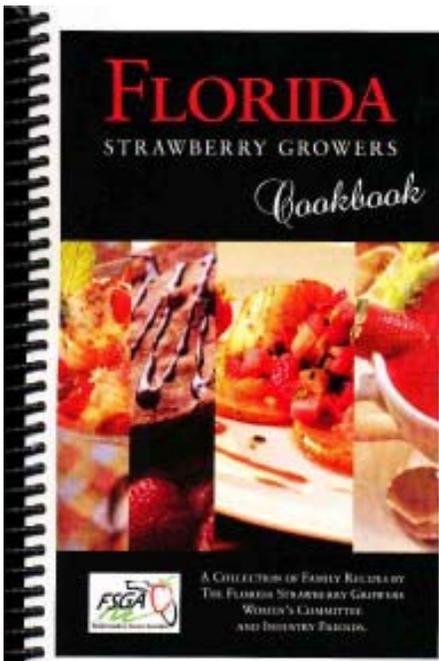
HAM (OR PROSCIUTTO) AND CHEESE PANINI

- 8 slices gluten-free bread
- Cooking spray
- 4 thin slices Black Forest Ham or prosciutto
- 4 thin slices Swiss or Gruyere cheese or cheese alternative, such as Vegan Gourmet
- 4 Tbsp. apricot preserves

Lay the slices of bread on a flat surface and lightly coat with cooking spray (or brush with melted butter for a richer taste.) Turn 4 of the slices over and layer each slice with ham and cheese. Spread a tablespoon of preserves on each. Top with the remaining 4 slices of bread, sprayed side up. Heat a panini machine and grill the sandwiches, following manufacturer's directions. If you use a skillet, lightly coat the skillet with cooking spray and brown the sandwiches, turning once, and using a heavy object to weigh it down. Serve immediately.

COURTESY: Carol Fenster
Savory Palate, Inc.
www.savorypalate.com





Florida Strawberries: A Taste of Summer All Winter Long

Strawberries are naturally fat-free, sodium-free, and cholesterol-free. Strawberries are high in Vitamin C and folate which helps the body metabolize protein.

Recently, cancer researchers sang the praises of strawberries for their large quantities of ellagic acid, which they claim reduces the risk of cancer. Strawberries are a good source of potassium, too.

Chocolate Covered Strawberries

- 1 quart Florida strawberries
- 2 cups powdered sugar
- 3 Tbsp. margarine
- 1 bag (14 oz.) dark chocolate (*Wilton brand is what I use*)
- 3 Tbsp. light corn syrup
- 1/4 tsp. salt

Wash and let strawberries dry at room temperature. (Leave stems on berries.) Combine margarine, corn syrup, salt and powdered sugar; pat around berries. Place berries on cookie sheet lined with wax paper. Refrigerate for 2 hours before dipping with chocolate.

Melt chocolate in double boiler until thin. Dip strawberries in melted chocolate and place on clean wax paper until firm.

Chocolate can be melted in microwave on defrost only if you do not have a double boiler. Put in microwavable dish for 6 to 8 minutes on defrost, stirring every 2 minutes until chocolate is completely melted. It may take longer, depending on microwave.



Serving Size 1 cup (4 oz.)

• Protein	*
• Calories	55
• Vitamin A	*
• Protein	1 gram
• Vitamin C	*
• Sodium	1 mg.
• Thiamine	3%
• Potassium	244 mg.
• Riboflavin	6%
• Carbohydrates	12.5 g
• Calcium	4%
• Fat	0.7 g
• Iron	8%

Percentages of USRDA * Contains less than 2% USRDA

COURTESY: Sue Harrell
Florida Strawberry Growers Assn.
www.flastrawberry.com





What is Your Wine Personality?



"Wine Personality" Quiz

Have fun taking the Mirassou® Winery unscientific "wine personality" quiz. Answer these questions to determine what your "wine personality" is, so you can choose the perfect wine for you and your guests!

1. Are you a real sweetheart or big softy?
 2. Do you prefer sweet tastes over salty ones?
 3. Do you run circles around your friends because you're so energetic?
 4. Are you constantly "on the go"?
 5. Do you spend most of your free time on the golf course?
 6. Do you tend to participate in sports rather than watching as a by-stander?
 7. Is your disposition a happy one?
 8. Do you "go with the flow"? Have you been described by some as being flexible or "mellow"?
 9. Are you a perfectionist, never letting go of a project until it's completely perfect?
 10. Are you a "Type A" with extremely high standards for yourself and others?
 11. Are you a nature buff, one who'd rather be out hiking or fishing or out enjoying the natural world?
 12. Are you concerned for the environment?
 13. Are you a powerhouse in the workplace who is ready to meet any challenge and some times referred to as "adventurous"?
 14. Do you like to take risks, preferring to try things outside your comfort zone?
- If you answered yes to questions 1 or 2, you are a **Riesling**.
 - If you answered yes to questions 3 or 4, you are a **Sauvignon Blanc**.
 - If you answered yes to questions 5 or 6, you are a **Pinot Grigio**.
 - If you answered yes to questions 7 or 8, you are a **Chardonnay**.
 - If you answered yes to questions 9 or 10, you are a **Pinot Noir**.
 - If you answered yes to questions 11 or 12, you are a **Merlot**.
 - If you answered yes to questions 13 or 14, you are a **Cabernet**.

If you answered yes to multiple questions, you like a wide range of **varietals!** What meal you plan to enjoy will determine the best varietal to buy.

COURTESY: David Mirassou
Mirassou Winery
www.mirassou.com



Entertaining with Food and Wine on a Budget

Entertaining family and friends can certainly lift the spirits, but with dismal economic news coming almost daily, hosts and hostesses need to be smarter than ever to throw a great soiree that doesn't break the bank. The secret is to use wines and food that offer exceptional value for the dollar and to know when to splurge and where you can save when planning your menu.

Go-To Buffet Menu

This special "go-to" menu is designed to make your holiday entertaining special but not break the bank. And it only sounds difficult - all menu items can be prepared in 30 minutes or less. Your friends and family will be impressed with the elegance of the food and wine pairings, as well as your savvy entertaining know-how.

Menu

Prosciutto with Grissini
Paired with Chardonnay or Pinot Noir
Figs with Chevre and Hazelnuts

Paired with Pinot Noir

Corn Bisque

Paired with Chardonnay or Pinot Noir
(with the addition of sautéed mushrooms, bacon or cheese)

Riesling-scented Pear Tartlets with Vanilla Cream
Paired with Riesling

Prosciutto Flags on Grissini

24 very thin slices prosciutto
24 Grissini (thin breadsticks)

Wrap one end of each breadstick with a slice of prosciutto, leaving about three inches hanging like a flag. Arrange the breadsticks in a tumbler or wine glass with the "flags" evenly around. These can be made ahead, but the breadsticks will soften after thirty to forty minutes, depending on the moisture content of the prosciutto. Makes 24 pieces.



Dried Figs with Chevre and Hazelnuts

24 dried figs
1 small log fresh goat cheese (about 5 oz.), at room temperature
3/4 cup toasted hazelnuts, finely chopped

Cut the stem off each fig and discard. Starting at the stem end, make a cut half-way through the fig from end to end. Using a small spoon, place about one teaspoon of goat cheese in the opening. Roll the exposed cheese in the chopped hazelnuts to top it, and place the figs on a serving plate. Cover and refrigerate until one half hour before serving. Serves 12.

Corn Bisque

2 ounces unsalted butter
1 cup shallots, sliced about 1/8-inch thick
1/2 cup leek, white and light green portion only, washed and sliced about 1/4-inch thick (substitute another 1/2 cup shallot if you cannot find leek)
1/2 cup Mirassou Monterey County Chardonnay
3/4 teaspoon ground fennel seed
5 cups fresh yellow corn kernels, cut from the cob (or frozen sweet corn)
5 cups vegetable stock or water
1 Tbsp. coarse kosher salt, more to taste
1/4 teaspoon freshly ground white pepper
1 bay leaf
1/2 cup heavy cream
Sugar to taste

Heat butter in a heavy four-quart pot over a medium burner. Add the shallots and leeks, and cook for five minutes, or until sweet and translucent. Add the wine and cook until most of the liquid has cooked away. Add the fennel, corn, stock or water, salt, pepper and bay leaf. Bring the pot to a simmer and cook for 12 to 15 minutes, or until the corn is very tender.

Remove the bay leaf, and blend the soup very thoroughly in two batches, being careful to divide the liquid and solids evenly. (NOTE: When blending hot liquid, remove the vent cap in the lid of the blender and cover it with a folded towel to allow hot gasses to escape.) Return the purée to a clean pot over a medium-low burner. Add the cream and stir well. Season with salt and sugar to taste. Serves 12 in Demi-tasse Cups, or 6 as a first course.

Chefs Note:

This soup can be cooled and refrigerated for up to three days, or frozen for up to two months.

Riesling-Scented Pear Tartlets with Vanilla Cream

For the crust:

2 packages three-inch puff pastry tart shells

For the filling:

1/4 cup Mirassou Monterey County Riesling
 5 cups ripe pears, peeled, cored and diced
 1/4 cup orange marmalade
 2 teaspoons cornstarch
 1/4 teaspoon kosher salt
 1 pinch nutmeg
 2 ounces unsalted butter

For the cream:

1 1/2 cups heavy whipping cream, very cold
 2 tablespoons sugar
 1/2 vanilla bean, scraped or 1/2 teaspoon vanilla extract

Bake the tart shells in a preheated oven according to manufacturer's directions. Fully cooled shells can be tightly wrapped on a baking sheet and stored for up to 24 hours without loss of quality. While the tart shells are baking, combine all filling ingredients except butter in a mixing bowl and toss well. Melt the butter in a medium skillet over a medium burner. Add the pear mixture and bring to a simmer. Cook for 10 minutes, or until the pears have released their liquid and look translucent. Reduce heat and stir often as the mixture reduces to keep the pears from sticking to the bottom of the pan. The filling can be cooled and refrigerated for up to five days. To finish the tarts, beat the cream, sugar and vanilla to medium peaks with a hand mixer. Divide the filling evenly among the twelve tart shells and pipe or dollop the top of each with cream just before serving. Serves 12.

COURTESY: David Mirassou
Mirassou Winery
www.mirassou.com



100 CALORIE SNACKS

100-calorie snacks are a huge trend right now. Rather than buying pre-made snacks, you can make your own for a lesser price.

- 1 Tbsp. of peanut butter with half a cup of sliced apples provides only 120 calories and healthful unsaturated fat
- 2 whole grain cracker sandwiches (4 crackers) with cheese (1 cubic inch) and sliced turkey sausage (comparable gram weight to cheese) provides 115 calories
- 1 cup of strawberries with a frozen lowfat, blueberry nutri-grain waffle for 120 calories

- 1 cup of blanched asparagus spears (12 spears), and 2 tablespoons Ranch dressing is around 100 calories
- 2 Tbsp. hummus with 1 cup of sliced, peeled cucumbers is just over 100 calories.

A variety of protein choices, mixed with fruits, vegetables and whole grains can make for a satisfying, filling snack that can keep your appetite in check.

COURTESY: Christine Palumbo
Honeysuckle White & Shady Brook Farms
www.honeysucklewhite.com
www.shadybrookfarms.com

ENTERTAINING TIPS WITH TEXAS CITRUS

Texas Citrus not only tastes great, smells wonderful, but it is also beautiful! Get creative and see how many ways you can incorporate citrus in your next dinner party. Appetizers, salad, dessert, centerpiece, the possibilities are endless!

Plan it, throw it, and enjoy it.

Want a unique display at your next dinner party?

Citrus candles are sure to wow, and are so easy to make!

Items Needed:

- Texas Sweet Oranges
- White votive candles
- Small paring knife



Directions:

Cut an orange in half, so that each side will sit flat. Take a paring knife and cut a circle in the middle of the orange, a little larger than

the votive candle. Place votive candle inside the center of the orange. Repeat for additional orange halves. Arrange several orange halves on a table as a unique centerpiece. This interesting display idea can also be done with grapefruit.

CITRUS FLORAL DISPLAY

Hide the stems in your vase with cut citrus...it's so easy! Simply add slices of citrus to a vase of flowers to give your blooms a fresh and distinctive look.



CITRUS CENTERPIECES

Be creative with your table setting this season! Place whole grapefruit and oranges on a platter or in a bowl for a simple and elegant centerpiece. Enjoy the intermingling scents of flowers and citrus simply by adding a few blossoms to your centerpiece!



COURTESY: Kymberly Meade
TexaSweat Citrus Marketing, Inc.

www.texasweet.com

