



A Tradition: “Creative Living”



With your host, Sheryl Borden!

5900 Series
Foods & Nutrition - Section II

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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.

Microwave Cooking Basics

Classic Baked Potatoes

Wash 4 (5-to 6-oz.) Russet potatoes, then cut a wedge out of each potato about 1/8-inch wide and 1-inch deep. Place in a microwave-safe dish. Microwave on HIGH, uncovered, for 10 to 12 minutes*. Use oven mitts to remove dish from microwave. Carefully make a slit in the top of each potato and fluff with a fork. Top with your favorite baked potato toppings. Makes 4 servings.



* The key to a great microwave baked potato is cutting a thin wedge, lengthwise. This is done so the steam can fully escape from the potato, resulting in a dry and fluffy pulp.



Basic Mashed Potatoes

Wash 4 (5-to 6-oz.) whole potatoes into microwave-safe dish - do not puncture skin. Cover dish. (If covering dish with

plastic wrap, poke small hole in plastic.) Microwave on HIGH for 10 to 12 minutes*. Use oven mitts to remove dish from microwave; carefully remove cover and mash well. Stir in 1/2 cup each plain yogurt and low-fat milk, 1 1/2 tablespoons butter spread, salt and pepper to taste. Cook for a minute or 2 more to heat, if necessary. Makes 4 servings.

* The microwave uses the potato's own water to create steam. Approximately 80% percent of a

fresh potato is water. When microwaved, that water turns to steam, creating a moist, contained cooking environment. By not puncturing the skin of the potato, more steam is retained inside the potato, allowing faster cooking.

Microwave Roasted Potatoes

Wash 4 (5- to 6 oz) potatoes. Cut into 1-inch cubes and place into microwave safe dish. Drizzle 2 tablespoons of olive oil over potatoes and sprinkle with seasonings of choice. Toss evenly to disperse oil and seasonings. Cover with lid or plastic wrap. (If covering dish with plastic wrap, poke small hole in plastic.) Microwave on high for 10 minutes*. Use oven mitts to carefully remove from microwave.



* The microwave energy acts directly on the olive oil and raises its temperature to the heat levels found in a conventional oven. This causes the potatoes to slightly brown in the microwave oven. If using plastic wrap, poke one small hole in the cover, as a moist contained cooking environment is created, yet the pressure is lessened.

Microwave Potato Casserole

1 1/4 lbs. Yukon Gold potatoes, very thinly sliced
 1 cup quartered and thinly sliced onion
 1 cup shredded reduced-fat sharp Cheddar cheese



1/2 teaspoon Italian herb seasoning
 1/2 cup stock or reduced-sodium broth
 1 1/2 teaspoons Dijon mustard
 1/2 teaspoon garlic salt

Spray an 8-inch microwave-safe baking dish with non-stick cooking spray. Place 1/3 of the potatoes and 1/2 of the onions on the bottom of the dish and sprinkle with 1/3 the cheese and 1/2 the herbs. Repeat layers, then top with the last 1/3 of the potatoes, layering potatoes so that there is a solid layer of potatoes with no gaps; sprinkle with remaining cheese. Stir together stock, Dijon and garlic salt and pour over the potatoes. Cover with plastic wrap and microwave on HIGH for 20 minutes. Use oven mitts to remove dish from microwave; carefully remove cover from dish due to steam build-up and serve. Makes 6 servings.

THE BENEFITS OF INCLUDING POTATOES IN THE DIET

Not only are potatoes a great source of nutrition but they are also one of the least expensive items in the produce department!

25 Cents for a Powerful Nutrition Punch

Many of us are cutting back on dining out and contrary to popular belief, buying and cooking healthy food at home does not have to be expensive. Pound for pound, potatoes are still one of the least expensive items in the produce department.

Cook Once, Eat Twice!

It's easy to make extra potatoes that can carry you over to the next meal. Add extra roasted potatoes to a salad the next day, and you'll score an added nutrition boost as well as adding flavor and texture to your salad. Have leftover chicken? Repurpose it by shredding it and using it to top a baked potato and you've created an entirely new meal! Or, try a chicken, potato and veggie scramble. Add eggs and you've got a delicious Sunday breakfast!

Keep it Healthy

Remember to keep potato dishes budget-friendly and healthy by using healthy toppings, ingredients and stir-ins whenever possible. Try toppings like salsa,

low-fat cheese or even healthy proteins like chicken or lean ground turkey. Substitute ingredients in traditional recipes for healthy alternatives, like fat-free milk instead of whole milk or fat-free plain yogurt instead of sour cream. You won't miss the fat!

TURKEY-POTATO DINNER WRAPS

3/4 pound (12 ounces) potatoes, cut into 1-inch dices
 1 tablespoon water
 1 tablespoon canola oil
 3/4 pound (12 ounces) ground lean turkey
 1 large carrot, shredded
 1/3 cup sliced green onions with tops
 1 can (8 ounces) tomato sauce
 2/3 cup shredded cheddar cheese
 1 teaspoon dried Italian herb seasoning or basil
 Salt and pepper, to taste
 4 large (9 to 10-inch) whole wheat or high fiber tortillas
 Light sour cream (optional)



Place potatoes in microwave-safe bowl; sprinkle with water. Cover, venting one corner. Microwave on HIGH 5 to 8 minutes just until potatoes are tender. (Time will depend on wattage of your oven.)

Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add and break up turkey; cook 5 minutes, tossing occasionally. Mix in carrot; cook 2 minutes. Add potatoes and onions; cook and toss 2 minutes. Reduce heat to medium; mix in tomato sauce, cheese, and herbs. Cook, stirring occasionally, 4 to 5 minutes until mixture is hot and most of sauce is absorbed. Season with salt and pepper. On work surface, lay out tortillas. Place hot turkey mixture on each; fold and roll up as for burritos. Cut in halves and place on serving plates. Accompany with sour cream, if desired. Makes 4 main-dish servings

COURTESY: Patty Mastracco
U. S. Potato Board
www.potatogoodness.com

DELICIOUS FOOD GIFTS

FESTIVE CRANBERRY HONEY

- 3 cans (16 oz. each) whole berry cranberry sauce
- 1 jar (12 oz.) orange marmalade
- 1/2 cup honey



Place cranberry sauce and marmalade in a large microwave safe bowl. Microwave on HIGH 2 minutes or until melted. Stir in honey until well blended. Spoon into jars with lids. Store in the refrigerator. Serve with breads or use as a glaze for meal. Makes about 8 cups.

SWEET & SALTY PRETZEL SNACKS

- 48 waffle-shaped mini pretzels
- 1 pkg. (8 oz.) striped milk chocolate drops, unwrapped
- 1/4 cup red and green candy-coated chocolates



Place pretzels on a parchment paper-lined baking sheet. Top each with a chocolate drop. Bake at 150 degrees for 4 to 6 minutes, until chocolate is softened. Quickly press a candy coated chocolate in the center of each pretzel. Cool for a few minutes; chill for 10 minutes, until set. Store in plastic zip top bags. Makes 4 dozen.

PEACH CRISP IN A CUP

- 2 Tbsp. quick oats
- 1 Tbsp. sugar
- 1 Tbsp. brown sugar
- 1 Tbsp. flour
- 1 Tbsp. finely chopped pecans
- 1 Tbsp. flaked coconut
- 1 snack size can (4 oz.) peaches



Place all dry ingredients into a sandwich size zip top bag. Put the can of peaches into the cup and bag of dry ingredients on top of peach can. Attach a gift tag with instructions to the cup.

Place 1 tablespoon butter or margarine into a microwave safe mug. Microwave 45 seconds to melt butter. Add dry ingredients. Stir to evenly moisten ingredients. Mixture will be crumbly. Add can of peaches (undrained). Stir well. Microwave 2 minutes. Makes 1 to 2 servings.

CHEESY SPINACH AND BACON DIP

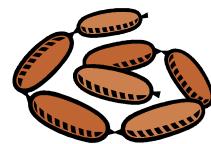
- 1 pkg. (10 oz.) frozen chopped spinach, thawed and drained
- 1 pkg. (16 oz.) pasteurized prepared cheese product, cut into 1/2-inch cubes
- 4 oz. (1/2 of 8 oz. pkg.) cream cheese, cubed
- 1 can (10 oz.) diced tomatoes & green chiles, undrained
- 8 slices bacon, crisply cooked, crumbled



Combine ingredients in a microwaveable 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 CHIPOLTE-BARBEQUE SAUSAGE BITES

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



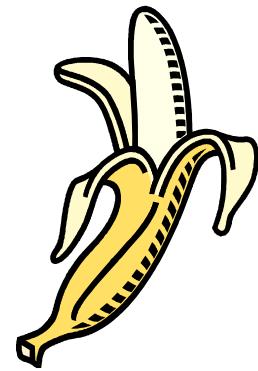
Mix all ingredients in a slow cooker. Cover and cook on LOW for 4 to 5 hours. Serve warm. Makes 12 to 14 appetizer servings.

CHERRY PUNCH BOWL CAKE

- 1 pkg. (4 serving size) vanilla instant pudding mix
2 cups milk
1 (16 oz.) frozen pound cake, cut into 1/2-inch cubes
1 can (20 oz.) cherry pie filling
1 can (8 oz.) crushed pineapple, undrained
2 bananas, sliced
1 carton (8 oz.) 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 pecans and coconut. Repeat layers, using remaining half of each ingredient. Chill 1 to 2 hours or overnight. Makes 12-14 servings.



**COURTESY: Connie Moyers
NM Cooperative Extension Service**



Crispy Twist Cake



Ingredients and tools:

- 6 x 3 in. Round Pan
- Plastic wrap
- 8-inch Cake Circle
- Fanci-Foil Wrap
- White Cookie Icing
- Red Tube Decorating Icing
- Yellow Tube Decorating Icing
- Orange Tube Decorating Icing
- White Tube Decorating Icing
- Tip and Nail Set (star tip used)
- Candy-coated chocolate dots
- Primary Color Lattice Candles

Step 1: Make "cake"

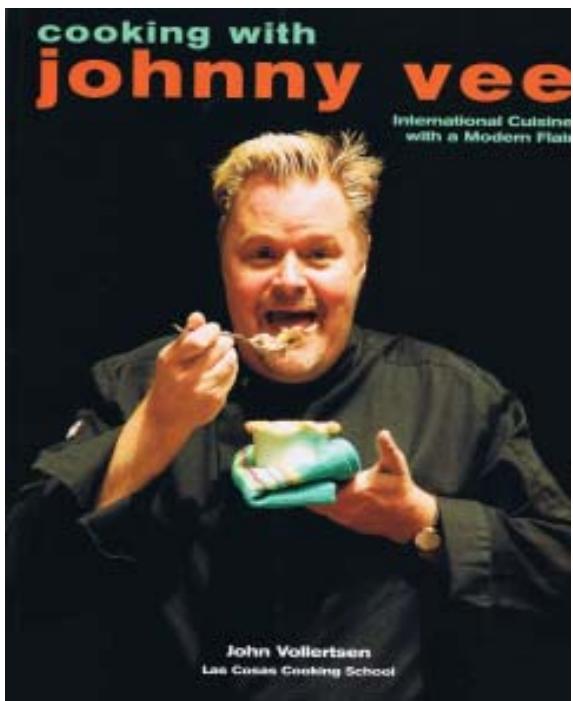
Line pan with plastic wrap. Prepare cereal treats recipe and press firmly into pan. Unmold onto foil-wrapped board.

assorted color stars on sides of "cake". Pipe star bottom border in assorted colors with tube icing. Pipe rosette candleholders on top of "cake". Insert candles.

Step 2: Decorate

Following label instructions, heat cookie icing; cover top of "cake" with cookie icing, letting icing drip down sides. Let set. With tube icing, pipe

**COURTESY: Nancy Siler
Wilton Brands
www.wilton.com**



Comforting Covered Casseroles

Johnny Vee started teaching a class at his cooking school on comforting covered casseroles because he was inspired by all the wonderful styles of cookware that can go on the stove and in the oven. "I love the idea of "one-dish cooking" for easy entertaining and cleanup," he says. Nothing is more comforting than a hearty braised dish to chase away the cold weather months.

Autumn Vegetable Pot Pies with Cheddar Cheese Crust

Why should chicken pot pie lovers have all the fun? This veggie version will satisfy even a hard-core carnivore.

Pot Pie Filling

3 tablespoons vegetable oil
1-1/2 cups chopped yellow onion
2 large garlic cloves, sliced
1 teaspoon fresh thyme
1 cup peeled and cubed pumpkin or butternut squash (1/2-inch cubes)
1 cup peeled and cubed baking potatoes (1/2-inch cubes)
1 cup peeled and cubed turnips (1/2-inch cubes)
1 cup peeled and cubed parsnips (1/2-inch cubes)
1 1/4 cups vegetable stock
Salt and pepper, to taste
1 tablespoon chopped fresh basil
1 egg, beaten for egg wash

1. In a large, heavy saucepan, warm the oil over medium heat. Add onion, garlic, and thyme and cook for 4 minutes, stirring frequently.
2. Increase heat to medium-high and add cubed vegetables. Sauté until vegetables are slightly browned, about 6 minutes.
3. Add the stock, stir briefly, cover, and bring to a

boil. Reduce the heat to medium-low and cook without disturbing for 6 minutes. Stir once, add salt and pepper, and cook until the vegetables are tender, about 6 minutes more.

4. Stir in the chopped basil and transfer to a deep pie dish or individual ramekins. Prepare Cheddar Cheese Crust. Roll out to 1/4 inch thick on lightly floured board. Brush egg wash around the edge of a 9-inch pie plate or ramekins. Cover with Cheddar dough and crimp; cut 2 vents in top and brush with additional egg wash. Bake at 425 degrees F for 20 minutes or until crust is nicely browned. (Ramekins will take about 15 minutes.) Serve warm. Serves 6 to 8.

Cheddar Cheese Crust

2 cups flour
1/2 teaspoon garlic powder
1/4 teaspoon freshly ground black pepper
1/2 teaspoon salt
1/2 teaspoon smoked Spanish paprika
4 teaspoons baking powder
1/2 cup cold unsalted butter
1 cup shredded sharp white Cheddar cheese
1 cup heavy cream

1. In a medium bowl combine flour, garlic powder, pepper, salt, paprika, and baking powder.
2. Using a cheese grater, grate the butter over the dry ingredients and stir until mixture resembles coarse meal.

3. Stir in the cheese. Add cream and mix lightly with a wooden spoon until dough just holds together. Cover and let rest 10 minutes. Roll to de-sired thickness depending on use. Any extra dough can be cut into 1-1/2-inch-thick biscuits and baked for 10 to 12 minutes at 425 degrees F.

Pecan- and Herb~Crusted Salmon

6 salmon fillets, 5 to 6 ounces each, skinned
 1 tablespoon olive oil
 Salt and pepper, to season
 1/4 cup Dijon mustard
 1/2 cup finely chopped toasted pecans
 1/4 cup plain breadcrumbs
 1 teaspoon kosher salt
 1 teaspoon freshly ground pepper
 2 tablespoons lemon zest
 1/4 cup capers, rinsed if salted
 1 tablespoon chopped fresh parsley
 1 tablespoon chopped fresh dill
 1 tablespoon chopped fresh thyme

1. Brush fillets with olive oil and season with salt and pepper. Place salmon in a roasting pan, flesh side up, and smear with mustard.
2. In a medium bowl combine remaining ingredients. Mix well and then pat mixture onto mustard-spread fish, pressing well to keep it in place.
3. Preheat oven to 450 degrees F. Place salmon into oven, crumbed side up, and immediately lower temperature to 400 degrees F. Bake for 10 to 12 minutes or until the fish loses its translucency. Serve immediately with Green Chile and Cheddar Polenta or buttery mashed potatoes.

COURTESY: Johnny Vee
 Las Cosas Cooking School
www.chefjohnnyvee.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
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www.dairymax.org

Cucumber-Yogurt Dip

1 cup yogurt, plain, low-fat
4 oz cream cheese, lowfat
1/2 cup cucumber, diced and seeded
1 garlic cloves, minced
1 Tbsp dill, fresh chopped
1 tsp lemon juice
1/2 tsp black pepper
1 tsp. lemon zest
cucumber, sliced thin (Optional)
mint leaves, Julienne (Optional)

Stir yogurt and cream cheese until smooth. Add remaining ingredients; stir to blend. Serve with raw or blanched vegetables, such as carrots, celery, tomatoes or zucchini. Can also use to top a baked potato or as a dip for quesadillas. Makes 3 servings.

COURTESY: Teresa Wagner
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Speed Cooking Tips

5 Minute Apple Crisp with Oatmeal Raisin

2 cans apple pie filling
1 instant oatmeal cookie dough
1 cup raisins
1 tsp. cinnamon
1/2 tsp. nutmeg

Pour apples in a 8x8 square pan sprayed with cooking oil. Mix oatmeal cookie mix as directed on package, add raisins, cinnamon, and nutmeg. Pour cookie batter on top in clumps. Place in 350 degree oven for 35 minutes or until cookie top is golden brown.



5 Minute Vegetable Stir Fry

2 Tbsp. canola oil
1 Tbsp. Mrs. Dash Original Blend
2 medium carrots, thinly sliced diagonally
2 cups broccoli florets
2 cups fresh, sliced mushrooms
6 oz. snow peas
1 small tomato, cut into wedges
1 Tbsp. red wine vinegar



Heat oil and Mrs. Dash Original Blend over high heat. Add carrots and broccoli, cook for 2 minutes, stirring constantly. Add mushrooms and snow peas and cook for 2 more minutes. Add tomato wedges and red wine vinegar, stir for another minute or until vegetables are crisp-tender. Serves 6.

Variations: add chicken pork, shrimp or beef.

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