



*Creative
Living*
with
Sheryl Borden
6000 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, “Stressbuster-One Pan Easy Meals” is in Section I on page 3, whereas “Budget Friendly Turkey Meals” is in Section II on page 8.

Stressbuster Tips - One Pan Easy Meals

Kitchen-related tasks typically take most of our household time. While the number of things that can go wrong, and the number of chores related to food preparation and cleanup can sometimes seem endless, I can't think of anything more satisfying than gathering the family around for a meal...unless it's gathering friends around, too.

However, although most people like the idea of having company for dinner, a special event, or a holiday gathering, many of them are reluctant to do it. They fear that entertaining will be expensive, time-consuming and exhausting.

But it's one of life's great joys to share good food, good conversation, and warm companionship. So the following tips are offered in the hope and belief that they can make your cooking and entertaining free of stress and full of joy.

ONE PAN EASY MEALS

Ragu Chili

Brown 1 pound of beef or turkey, drain; add 1 sauted onion, 2 teaspoons chili powder, 1-2 cans red Kidney chili beans and one 26-ounce jar of Ragu for each pound of meat. Pour over Uncle Ben's cooked rice or pasta



and serve. Condiments: Salsa, cheese, tomatoes, jalepenos.

Sloppy Joe

Brown 2 pounds ground beef or turkey, drain; add 1 sauted onion, 1/2 cup brown sugar, 1/2 cup sweet relish, and one 26 ounce jar Ragu for each pound of meat. Serve on toasted hamburger or hotdog buns.

Taco Salad

Brown 2 pounds ground beef or turkey, drain; add 1 bag frozen peppers, onions, corn or black beans, 1 Fresh and Simple Ragu Pouch, 1 teaspoon cumin and 1 teaspoon chili seasoning (optional.)

Quick Burrito

Brown 2 pounds ground beef or turkey, drain; add 1 bag frozen peppers, yellow squash, zucchini and onions, 4 teaspoons chili powder, 1 Fresh and Simple Ragu Pouch and some corn. Serve with tortilla shells. Condiments: Salsa, cheese, tomatoes, jalepenos.



**COURTESY: Laura Dellutri
Healthy Housekeeper, Inc.**

www.healthyhousekeeper.com

A New Spin on Grapefruit for Breakfast

Texas Breakfast Parfait with Kiwi

- 2 medium Texas Red Grapefruit
- 3 medium kiwifruit*
- 1 cup honey and oats granola
- 2 (6-ounce) cartons custard style yogurt (your favorite flavor. We recommend vanilla, banana, or strawberry)
Mint sprigs for garnish

Section grapefruit. Peel kiwi fruit, cut into quarters, then thinly slice. Reserve 8 slices of kiwi for garnish. To assemble parfaits, place about 3 tablespoons grapefruit in each of 4 parfait glasses. Then spoon about 1 to 1 1/2 tablespoons yogurt over grapefruit.

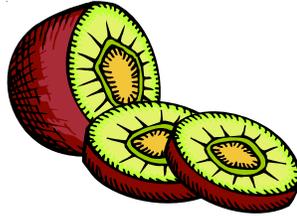
Sprinkle 2 tablespoons granola over the yogurt, then spoon another layer of yogurt and 1/4 of the sliced kiwi fruit. Repeat layering yogurt and granola, ending with a layer of grapefruit. Garnish with reserved kiwi and mint. Serve immediately.



*Variation: substitute about 1 cup diced fresh fruit, such as peaches, nectarines, mango, cantaloupe or honeydew to contrast with the layers of yogurt and red grapefruit.

Texas Citrus & Kiwifruit Salad

- 2 Texas Rio Star Grapefruit, sectioned
- 4 Texas Oranges, sectioned
- 3 kiwifruit, peeled and sliced
- 1/4 cup pomegranate seeds (about 1 pomegranate)
- 1/2 teaspoon orange zest
- 2 tablespoons coarsely chopped pistachios



Divide kiwifruit and oranges evenly among 6 serving bowls. Top evenly with grapefruit and pomegranate seeds. Sprinkle each serving with 1 teaspoon pistachios. Serve immediately. Makes 6 servings.

Grapefruit Pecan Cream Cheese Topper

- 1/2 Texas Rio Star Grapefruit, sectioned
- 2/3 cup pecans, finely chopped
- 8 ounces cream cheese, softened
- 2 tablespoons grapefruit zest
- 4 Bagels

Combine all ingredients, and beat until smooth and of a spreading consistency. Refrigerate until ready to use. Spread over your favorite bagel, English muffin, toast, etc. Makes 10 servings.



Quick & Healthy Potato Salad

- 1 1/2 lbs. red potatoes*
- 1 cup nonfat plain yogurt
- 1/3 cup minced red onion
- 1/3 cup thinly sliced celery
- 1/4 cup minced dill pickles plus 1 tablespoon juice from jar
- 1/2 tablespoon yellow mustard
- 1/4 teaspoon sea salt
- Freshly ground pepper to taste
- Chopped fresh parsley



Place whole potatoes (do not poke) into microwave-safe dish. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic.) Microwave on HIGH for 10 to 12 minutes depending on strength of microwave. Use oven mitts to remove dish from microwave; carefully remove cover from dish due to steam build-up and let cool. Cut potatoes into bite-size pieces and place in a large bowl with remaining ingredients; stir well to mix. Makes 4 servings.

*Russets, yellow or white potatoes can be substituted, but make sure to peel skins off potatoes after cooking and cooling, but before tossing with remaining ingredients.

Variations:

Greek Potato Salad

Omit celery, pickles, pickle juice and mustard. Replace plain yogurt with Greek yogurt. Stir in 1/4 cup Kalamata olive wedges, 1/4 cup peeled, chopped cucumber and 1 tablespoon lemon juice. Sprinkle with 1/2 cup crumbled feta cheese and chopped fresh oregano if desired.

Garden Veggie Potato Salad

Omit pickles, pickle juice and mustard. Stir in 3/4 cup coarsely chopped and lightly packed fresh spinach, 1/4 cup diced bell pepper, 3 tablespoons shredded carrots, 1 tablespoon snipped fresh basil and 1/2 of a (6.5-oz.) jar coarsely chopped marinated artichoke hearts (including liquid).



COURTESY: Eleisha Ensign
TexaSweat Citrus Marketing, Inc.
www.texasweet.com

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



Strawberry Salad

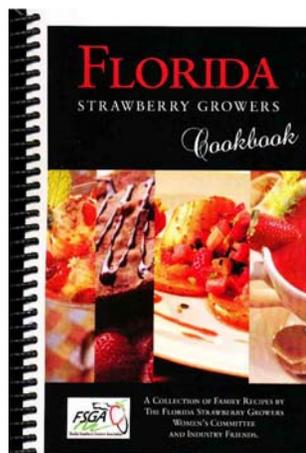
- 1 pint Florida strawberries, sliced lengthwise
- 3 tablespoons hazelnut oil
- 3/4 cup chestnuts, peeled and thinly sliced
- 1 tablespoon raspberry vinegar
- Salt & pepper, freshly ground
- 3 or 4 shallots, minced
- 2 small navel oranges, peeled, sliced crosswise and cut in half
- 1 quart small spinach leaves, stemmed and torn
- 1 quart garden lettuce, cut in narrow strips

Blanch the water chestnuts for 2 minutes in boiling water and immediately refresh in cold water. Combine with greens and shallots. Add oil and toss. Add vinegar, salt and pepper. Add fruit and gently toss again.

Iced Strawberry Tea

- 1 pint fresh Florida Strawberries
- 1/4 cup lemon juice
- 4 cups cold tea
- Ice cubes
- 1/3 cup sugar

Set aside several Florida strawberries for garnish. Puree remaining strawberries in a blender; strain into a pitcher. Stir in tea, sugar and lemon juice until sugar dissolves. Chill. Serve over ice; garnish with Florida Strawberries.



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



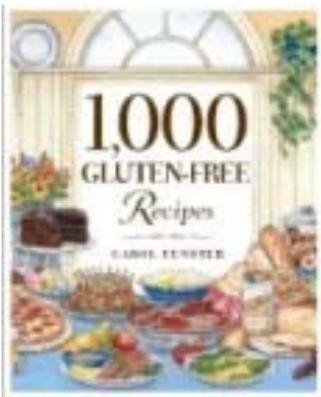
Baked Potatoes the Greek Way

- 1 large baking potato
- Pinch of Greek sea salt (coarse **Gaea PGI Laconia Extra Virgin Olive Oil**)
- 2-3 Tbsp. strained Greek yogurt, such as Total
- 1 tsp. **Gaea Kalamata olive** paste
- 1-2 chives, snipped or a small sprig of fresh dill
- 1 thin lemon slice

Preheat the oven to 350 degrees F. Wash and scrub the potato and pat dry with a paper towel. Wrap the potato in aluminum foil and bake until soft, about 35 to 40 minutes. Remove from oven, undo the wrapping. Place the potato on a serving plate. Using a small, sharp paring knife, score the potato down the center lengthwise. Season with sea salt and a little olive oil. Dollop the yogurt inside the opening and spoon a little of the olive paste on top. Garnish with snipped chives and a lemon wedge. Drizzle with a little more extra virgin olive oil and serve immediately. Pairs beautifully with grilled meats and chicken.



COURTESY: Aris Kefalogiannis
Gaea Products
www.gaea.gr



How to Replace Eggs in Baking

Who avoids eggs?

[a] People with allergies (eggs are one of the top 8 food allergens in America). It affects 1.5 percent of kids.

[b] People with intolerances (some people don't digest the egg proteins well)

[c] Those who are vegans (people who don't eat any animal products) One percent of Americans are vegan.

Why are eggs so important in baking?

Eggs bind ingredients, leaven (make baked items rise), and emulsify (bring oil and water together). Without them, baked goods are heavier, more dense, and may not brown as deeply. They also taste slightly different.



Which substitutes to use for 1 large egg, which measures one-quarter cup? (see chart below)

For each large egg (about one-quarter cup), use:

<p>Soft Silken Tofu (Beat with liquid ingredients until creamy, then add to recipe. Brand is Mori-Nu)</p>	<p>One-quarter cup</p>	<p>Breads, cakes, cookies, bars – moist, dense texture. Advantages: light color, mild flavor Disadvantages: avoid if soy-sensitive</p>
<p>Flaxseed Meal (Whisk 3 Tbsp. ground flaxseed into 1 cup boiling water. Stir; let stand until thickened.)</p>	<p>One-quarter cup of flax-water mixture</p>	<p>Breads, cakes, cookies, bars — moist, dense texture. Advantages: Adds fat and moisture. Disadvantages: Darkens light-colored baked goods. Use golden flaxseed for lighter-colored results.</p>
<p>Powdered Egg Replacer(Ener-G brand, or Bob's Red Mill brands.)</p>	<p>Ener-G recommends 1.5 tsp. powder in 2 Tbsp. water. I use 3 tsp. in 2 Tbsp. water.</p>	<p>Cookies, bars, pancakes, waffles, flatbreads – dense texture. Advantages: works best in low-rising baked goods, such as brownies, cookies, pancakes, waffles, and flatbreads Disadvantages: Does not add moisture as does tofu or flax. Does not rise very much.</p>

Egg-Free, Gluten-Free Chocolate Brownies

- 1 cup Gluten-Free Flour Blend of choice
- 2/3 cup unsweetened natural cocoa powder
- 1 tablespoon Ener-G Egg Replacer powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon xanthan gum
- 1/3 cup melted butter, buttery spread such as Earth Balance, or canola oil
- 1/2 cup packed light brown sugar
- 1/2 cup granulated sugar
- 2 teaspoons vanilla extract
- 2/3 cup hot water (110° F) or brewed coffee
- 1/4 cup chocolate chips
- 1/4 cup chopped walnuts



Preheat the oven to 350 degrees F. Grease an 8-inch square nonstick (gray, not black) pan. Whisk together the dry ingredients (flour to xanthan gum) in a small bowl. Set aside. In a large mixing bowl, beat butter, sugars, and vanilla with electric mixer on medium speed until well blended. With mixer on low speed, add dry ingredients and hot water or coffee. Mix until just blended; batter will be somewhat thick. Stir in chocolate chips and nuts. Spread batter in prepared pan with a wet spatula. Bake 20 minutes; do not overbake. Cool brownies before cutting. Serves 12.

Gluten-Free Vegetarian Dishes

Sorghum or Quinoa Whole Grain Salad

Most whole grain quinoa on the market these days has been washed to rid it of the bitter saponin, a natural coating that is harmless to humans but repels birds and insects. If your quinoa isn't pre-rinsed, follow the instructions below for rinsing it. For a heartier salad, use 2 cups of cooked whole grain sorghum (available at www.twINVALLEYMILLS.COM) in place of the quinoa.

- 1 cup uncooked quinoa
- 3/4 teaspoon salt, divided
- 2 cups water
- 1/4 cup shelled raw pumpkin seeds or pine nuts
- 2 tablespoons lemon juice
- 3 tablespoons olive oil
- 1 tablespoon wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper
- 1 English or hothouse cucumber, chopped
- 3 green onions, chopped
- 1 small red bell pepper, chopped
- 1 small yellow bell pepper, chopped
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint
- 1/4 cup crumbled feta cheese

Rinse quinoa in sieve, rubbing grains between fingers. Drain and/or repeat until water runs clear. Transfer quinoa to large, heavy skillet and toast over moderate heat, stirring constantly, until grain is light golden brown, about 4 minutes. In heavy medium saucepan, combine quinoa, 1/2 teaspoon of the salt, and 2 cups water. Bring to boil.

Cover and reduce heat, simmering for 12-15 minutes. Transfer to a strainer and drain well.

Meanwhile, toast pumpkin seeds in skillet over medium heat, stirring constantly until lightly browned, about 5 minutes. Combine lemon juice, olive oil, white wine vinegar, remaining 1/4 teaspoon salt, and white pepper in screw-top jar. Shake vigorously to blend. Combine cooked quinoa (or cooked sorghum, see below) and all remaining ingredients in large bowl. Toss well. Refrigerate for 4 hours. Let stand for 20 minutes before serving. Serves 4.

How to Cook Whole Grain Sorghum:

Soak 1 cup of whole sorghum grains overnight in warm water to cover. Drain. Cook in 2 cups of boiling salted water for 45 to 60 minutes. Drain thoroughly and use in place of quinoa.



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