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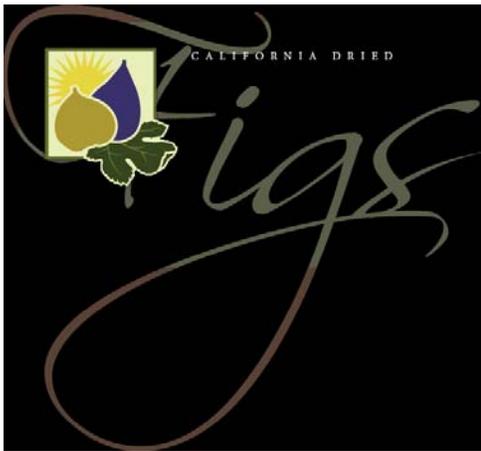
Foods & Nutrition - Section 1

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Foods & Nutrition

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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, “Delicious & Nutritious California Figs” is in Section I on page 3, whereas “Chocolate Mousse with Olive Oil” is in Section II on page 10 and “Florida Strawberries: A Taste of Summer All Winter Long” is in Section III on page 17.



Delicious & Nutritious California Figs

Did you know that ounce for ounce, figs provide a nutritional punch that is hard to match by any

other fruit? Here are some additional facts:

- California figs are an excellent source of dietary fiber. Just 3 to 5 figs – dried or fresh – provide 5 grams of dietary fiber or 20% of the Daily Value.
- North Americans of all ages fail to eat recommended amounts of fruit. Therefore, diets are low in nutrients and phytochemicals that fruits such as California Figs can provide.
- Choosing figs and adequate numbers of other fruit and vegetable servings add fiber, magnesium, calcium, antioxidants and potassium to the diet.
- California Figs are an easy way to add a serving of fruit to reach the daily recommendation of 4 cups (8 to 13 servings) of fruits and vegetables.
- Figs are rich in antioxidants among dried fruits and rank higher in antioxidants than red wine and tea, well known for their polyphenolics.
- California Figs are an all-natural energy source, perfect for an afternoon snack or a quick snack before a game or workout.

Figs are fat, sodium and cholesterol-free. Just 3 to 5 California Figs provide:

Dried (1/4 cup: 40 grams)

- 110 calories
- 5g fiber (20% of the Daily Value)
- 244mg potassium (7% of the Daily Value)
- 53mg calcium (6% of the Daily Value)

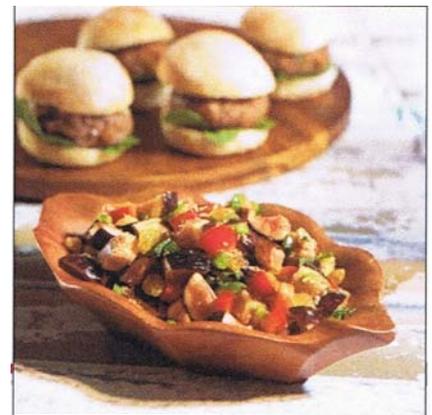
- Fresh (1/2 cup: 3-4 medium figs)
- 120 calories
- 5g fiber (20% of the Daily Value)
- 354mg potassium (10% of the Daily Value)
- 53mg calcium (6% of the Daily Value)

Figs are a good-for-you, natural snack but are also a great ingredient for healthy cooking. Try this recipe for a simple and healthy meal.

Turkey Sliders With California Pepper Fig Salsa

California Pepper Salsa

- 2 1/2 cups diced fresh California figs
- 1/2 cup diced red bell pepper
- 1/2 cup golden raisins
- 2 green onions, thinly sliced
- 1 jalapeno pepper; stemmed, seeded and minced
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon ground ginger



Sliders

- 1 package (20-ounce) fresh lean ground turkey
- 1 cup finely minced dried California figs
- 1/4 cup sliced green onions
- 2 tablespoons chopped fresh herbs, i.e., marjoram, thyme, rosemary and sage, to taste
- 3/4 teaspoon sea salt
- 1 cup baby arugula leaves
- 12 small dinner rolls, cut in half, horizontally

Combine salsa ingredients in medium bowl and stir together. Cover and chill for several hours to blend flavors.

For sliders, combine turkey, minced dried figs, green onions, herbs and sea salt in medium bowl and mix to combine well. Divide and shape into 12 small, flat burgers. Generously oil grill or barbecue and cook over medium-high heat for 3 to 5 minutes on each side, until done (165°F).

Arrange a few arugula leaves on bottom half of each roll; top with turkey burger and spoon on salsa. Replace tops and secure with toothpicks, if desired. Serve with additional salsa for self-service. Serves: 12 slider appetizers or 4 main course

COURTESY: Karla Stockli
California Fig Advisory Board
www.californiafigs.com

Holiday Recipes & Entertaining

Thanksgiving Chopped Salad

- 1 pkg. (about 1 pound) Shady Brook Farms® Turkey Breast Tenderloins
- 1 Tbsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 6 cups chopped radicchio
- 6 cups chopped romaine hearts
- 1 cup dried cranberries
- 3/4 cup bottled balsamic dressing
- 3 Tbsp. maple syrup
- 1 cup sliced or slivered almonds, toasted
- 3 Tbsp. 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) Honeysuckle 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 smokey barbecue sauce
 4 whole-grain ham-burger 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
www.honeysucklewhite.com

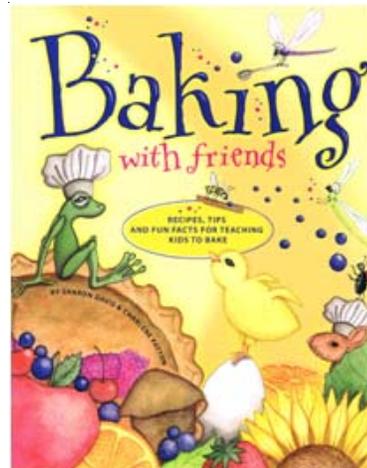
COUNTRY FRUIT COBLER

- 4 cups sliced fresh or frozen peaches (about 8)
- 1 cup sugar, divided
- 1/4 tsp. ground cinnamon
- 1/2 cup all-purpose flour
- 1/2 cup white whole wheat flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1 cup milk
- 1/4 cup melted butter

Preheat oven to 350 degrees F. Combine peaches, 1/2 cup sugar and cinnamon in large mixing bowl. Place peach mixture in greased 13x9-inch baking dish or iron skillet. Combine 1/2 cup sugar, both flours, baking powder and salt in medium mixing bowl. Add milk and melted butter to dry mixture. Blend well. Pour batter over peaches. Bake for 50 to 60 minutes or until crust is crisp and golden brown. Serve hot with ice cream or whipped cream. Makes 8 servings.

Fun Fact: Cobblers are a simple traditional American desserts with many variations. The batter may be a biscuit, cake, dumpling or pie pastry placed on top or underneath the fruit. Fruits available vary, depending upon the season and local markets.

Family Activity: Cobbler recipes have been passed down through the generations. Visit with relatives and discover cobbler traditions in your family. You may find there are several versions! Visit a fruit farm and find fruits that are grown locally to make your cobbler.



NOTE: See special coupon offer on page 8.

COURTESY: Charlene Patton
Home Baking Assn.
www.homebaking.org

Budget Friendly Turkey Meals

With the economy putting a strain on all our wallets, your family's health and happiness shouldn't also have to feel the pinch! Turkey is an inexpensive, healthy alternative to higher priced items like steak, fish and seafood. Turkey is also an ingredient that works well in many dishes. Each of the following recipes will feed a family of four for under 15 dollars!

Spicy Turkey Tostadas

- 1 pkg. (about 1 lb.) Honeysuckle White 93/7 ground turkey (\$2.95)
- 1 (8-oz.) can tomato sauce (\$.79)
- 1 Tbsp. chili powder (\$1.25)
- 8 (5-inch) tostada shells (\$2.29)
- 4 cups shredded cabbage or pre-cut coleslaw (\$1.99)
- 2 Tbsp. lime juice (\$.89)
- 1 tsp. peanut or olive oil (\$.10)
- 2 Tbsp. roughly chopped cilantro (\$.99)
- 4 plum tomatoes, chopped (about 1 cup) (\$1.20)



Preheat oven to 325 degrees F. In a medium skillet, combine turkey, tomato sauce and chili powder. Simmer over medium heat, breaking up meat with a spoon, until meat is fully cooked, about 6 minutes. Meanwhile, bake tostada shells in oven until crisp, about 6 minutes. In a bowl, toss cabbage with lime juice, oil and cilantro. Place a layer of turkey mixture on each tostada. Top with cabbage mixture and sprinkle with tomatoes. Serves 4.



Red, White and Green Frittata

- 2 Honeysuckle White Sweet or Hot Italian Turkey Sausage Links (about 8 oz.) (\$3.80)
- 1 Tbsp. olive oil (\$.25)
- 1 1/2 cups frozen broccoli cuts, thawed (\$2.19)
- 1/2 cup sun-dried tomatoes in oil, drained and cut into 1/2-inch pieces (\$3.99)
- 6 large eggs (\$1.46)
- 1/2 tsp. dried Italian herbs (\$.17)
- 1/2 tsp. salt (\$.03)
- 1/4 tsp. black pepper (\$.02)
- 2 oz. reduced-fat feta cheese crumbles (\$1.25)



In a 10-inch non-stick skillet, heat oil over medium heat. Add sausages and cook until browned, about 5 minutes. Cover and cook over low heat until internal temperature reaches 170 degrees F., about 5 minutes. Remove sausages and cut into 1/2-inch slices. Return sausage slices to skillet along with broccoli and tomatoes. In a bowl, beat eggs with herbs, salt and pepper until combined. Add eggs to skillet and cook over medium heat until eggs begin to set. With a rubber spatula, lift edges of frittata and tilt pan so that uncooked eggs run underneath. Continue to cook, lifting eggs and tilting pan until frittata is mostly set, with just a small amount of moist eggs on top, about 10 minutes. Heat broiler. Sprinkle top of frittata with feta cheese; place under broiler until edges are puffed and browned and eggs on top are set, 3-4 minutes. Carefully slide frittata from skillet onto serving platter and cut into 6 wedges. Serve warm or cold. Serves 6.

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

Designer Baking for People and Pets

Designer Oatmeal Cookies

- 2/3 cup whole wheat flour or all-purpose flour*
- 1/2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/8 tsp. salt
- 1/2 cup butter, softened
- 1/3 cup packed brown sugar
- 1/3 cup sugar
- 1 egg
- 1/2 tsp. vanilla
- 1 1/2 cups uncooked quick or old-fashioned oats
- 3/4 cup chocolate baking chips or moist raisins or dried fruit **
- 1/2 cup chopped nuts or sunflower seeds, unsalted, roasted

*Option 1/3 cup whole wheat flour and 1/3 cup all-purpose flour

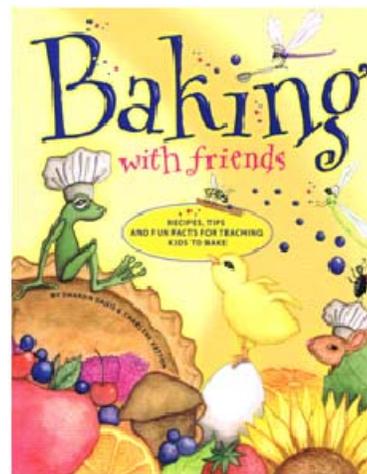
**For moist dried raisins, soak raisins in water for 5 minutes and drain

Preheat oven to 375° F. Combine flour, baking powder, baking soda, cinnamon and salt in small mixing bowl. Combine butter, brown sugar, sugar, egg and vanilla in large mixing bowl. Beat until creamy. Add flour mixture and oats to creamed mixture and thoroughly combine. Add baking chips or fruit and nuts. Drop by teaspoon onto an ungreased baking sheet. Bake 8 to 10 minutes. Cool on baking sheet for 2 minutes; remove to wire cooling rack to finish cooling.



Fun Fact: Oatmeal was once thought good only for horses and those too poor to eat anything else for breakfast. Today we know the horses were smart! It took awhile for oats to be used in baking.

One of the earliest oatmeal cookie recipes appeared in a Madison, WI church cookbook in 1906.



Family Activity:

This cookie combines the first (chocolate chip) and second (oatmeal raisin) most popular cookies in the U.S. Select optional ingredients to create your own family “designer” cookie. Package cookies to give as holiday gifts to relatives, neighbors, teachers, coaches and special friends.

Pet Treats

	2 1/2	cups whole wheat flour
	1/2	cup non-fat dry milk powder
	1	teaspoon salt
	1	teaspoon brown sugar
	6	tablespoons butter or margarine
	1	egg
	1/2	cup cold water

Preheat oven to 350 degrees F. Combine whole wheat flour, dry milk powder, salt and brown sugar in medium mixing bowl. Cut butter into flour mixture with a pastry blender or fork until mixture resembles coarse crumbs. Combine egg and cold water in small mixing bowl. Stir the egg mixture into the dry mixture to form a dough ball. Sprinkle with small amounts of water or flour to make a dough that can be kneaded. Knead for about 3 minutes. Roll dough to 1/2-inch thickness. Cut into bone shapes, using a cookie cutter or knife. Cut into kibble snacks by rolling the dough into a long thin log, and cut 1/2-inch pieces. Place on baking sheet. Keep the same size on each baking sheet for even browning. Bake for about 30 minutes (depending on the size of the pieces) until browned and crunchy.

Fun Fact: Did you know pets can have food allergies? Substitute a blend of non-gluten flours (sorghum, soy, corn) or meal (corn, or flax) for pets with wheat allergies.



Family Activity:

Make pet treats and donate them to the local animal shelter or include as a specialty gourmet pet treat at a fund raiser bake sale.

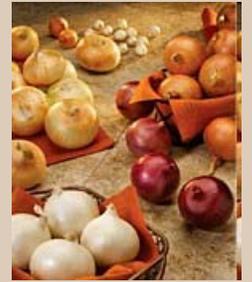
Special Coupon Offer

Thank you for watching the Home Baking Assn. cooking segment on Creative Living! When you purchase a copy of the "Baking with Friends" book (\$20) you will receive a free dough scraper from the Home Baking Assn. by including the state and television station you watched the Creative Living segment on with your order. Order forms available online at www.HomeBaking.org

COURTESY: Sharon Davis
Home Baking Assn.
www.homebaking.org

All About Onions

Onions are a staple in the kitchen.



The amazing onion provides layers of flavor, color, and texture to a wide variety of dishes and cuisines. But, their appeal goes beyond flavor when you consider their role in history and our health. On the surface they seem like a simple vegetable, but underneath they have an interesting story, and the National Onion Association would like to share all that and more with you.

When purchasing onions, select onions with dry outer skin, free of blemishes, spots or sprouts. Onion should be heavy for their size and have little scent

Why do onions make us cry? In short, when an onion is pierced, a chemical reaction takes place which causes our eyes to water. Onions are part of the Lily or Allium family along with garlic and shallots. Allium members contain an enzyme called alliinase, which is an enzyme that speeds up chemical reactions. Alliinase helps create the compound that gives onions tear-inducing properties along with their distinct flavor and smell. In the case of onion, the alliinase enzyme and the health-promoting sulfur compounds rest on opposite sides of the onions' cell walls until the walls are cut. After the cell walls are disturbed, the sulfur compounds come in contact with the alliinase enzymes which create a compound that can cause tearing.

Tips for Reducing Tears

- Chill onions 30 minutes before cutting
- Always use a sharp, straight edge knife
- Carefully make quick, decisive moves
- Cut into the root end last, when possible



Proper Storage and Handling

Store whole dry onions in cool, dry, well-ventilated place. Dry onions should not be stored in plastic bags or with potatoes. Garden harvested onions can be cured and stored in pantyhose. Whole onions should be kept in the refrigerator with adequate circulation and a minimum amount of moisture. Cut onions can be kept in an airtight container in the refrigerator up to 7 days.

Tip

If you find you have selected a stronger flavored onion than what you prefer to eat raw, try this tip to mellow their flavor: chop or slice and cover with ice water in a sealed container. Place in the refrigerator for several hours to reduce their pungency.

Baked Onions with Crumb Topping

- 1/3 cup dry bread crumbs
- 1 teaspoon dry thyme, crushed
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons butter, melted
- 2 large onions, peeled and sliced 1/2-inch thick



Combine crumbs and seasonings; toss with melted butter. Spoon onto onions. Arrange slices in large buttered baking dish. Bake in a 375° oven for 30 minutes or until tender. Makes 4 servings.

Grilled Onions

- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- Cayenne pepper, to taste
- 2 large onions, peeled and sliced 1/2-inch thick
- Olive oil

Combine salt, pepper and cayenne. Brush both sides of onion slices with oil; sprinkle with seasoned salt mixture. Place on grill over medium, ash-covered coals. Grill 15 to 20 minutes or until tender, turning occasionally and brushing with oil. Makes 4 servings.

Serving ideas: Serve as slices with burgers, steaks or chops. Separate into rings and toss with your favorite chopped or dried herbs and serve with steaks, sausage, seafood or chicken. Chop and mix into baked beans or into a homemade salsa for a great smokey flavor.

Simple Roasted Onions

- 4 large yellow and/or red onions
- 2 tablespoons olive oil
- Sea salt and fresh ground pepper to taste
- Balsamic vinegar (optional)

Preheat oven to 425° F. Peel and trim onions; cut in half from top to bottom. Place each half flat side down on the cutting surface. Make 1 to 1 1/2 inch vertical cuts from top to bottom of the onion to make narrow wedges. Toss with oil, sea salt, and pepper to taste. Place onion wedges on a baking sheet. Roast until tender and cut surfaces are slightly browned, 20-25 minutes depending on thickness of the onions. Drizzle

with balsamic vinegar and if necessary, adjust seasoning to taste. Makes 4-6 servings.

Sweet n Sour Stuffed Onion

- 4 large yellow onions
- 3 tablespoons margarine
- 1 teaspoon brown sugar
- 1/2 teaspoon paprika
- 1/2 teaspoon minced ginger root **or** ground ginger
- 2 teaspoons vegetable oil
- 1 cup prepared sweet and sour sauce
- 1 cup cubed cooked chicken
- 3/4 cup drained, canned pineapple chunks
- 1/2 cup diced green bell pepper
- 4 mint sprigs (optional garnish)

Remove top quarter from each onion. Hollow out center of each onion, leaving 1/4-inch outer shell. Reserve onion pieces for filling. Mix margarine, brown sugar and paprika. Place onion cups in baking pan; lightly coat each cup with margarine mixture. Cover and bake in a 375° F. oven for 30 minutes. Remove from oven and set aside.

For onion filling, mince enough onion to get 1/2 cup. Cook minced onions and ginger in oil in sauté pan until transparent. Add sweet and sour sauce, chicken, pineapple and green bell pepper and heat. Fill onion shells with filling. Bake in a 350° F. oven for 20 minutes or until heated through. Garnish with mint. Makes 4 servings.



COURTESY: Kim Reddin
National Onion Assn.
www.onions-usa.org