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Creative
Living
with Sheryl Borden
6200 Series



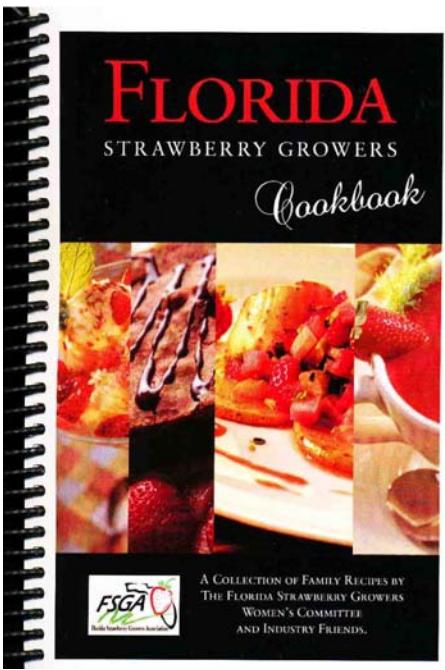
Foods & Nutrition - Section III

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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, “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.



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.)

- 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 Makes Fuel Up to Play 60 Unique?

Many organizations are making legitimate efforts to improve youth wellness, beginning in schools, because the classroom, the cafeteria and the gymnasium are an ideal setting for learning healthy lifelong habits. What makes Fuel Up to Play 60 different from the others? How is this program positioned to positively impact the childhood obesity crisis?

What Makes Fuel Up To Play Unique? For Youth, By Youth

As Fuel Up to Play 60 was developed, youth were actively placed in the driver seat to encourage shared ownership and responsibility. Youth tested and approved all program components, ensuring that the program remained authentic and would be embraced by a national youth audience. The brand name itself focused heavily on a balance of healthy eating and physical activity to provide youth and adults with a clear indication of the program's intent.

A Comprehensive Approach

Fuel Up to Play 60 is also unique in that it teams nutrition and physical activity, teaching youth the whole story of healthy living. The program is grounded in decades of nutrition and physical activity experience and research from National Dairy Council (NDC), the National Football League (NFL), the U.S. Department of Agriculture (USDA) and other partner organizations. While the program has the backing of NDC, Fuel Up to Play 60 follows a comprehensive nutrition approach. The program encourages the consumption of Food Groups to Encourage (low-fat and fat-free dairy, fruits, vegetables and whole grains) and 60 minutes of physical activity daily as outlined in the 2005 Dietary Guidelines. Healthy eating and physical activity messages shared in the program are both simple and compelling to youth.

Powerful Partners

Fuel Up to Play 60 offers bold leadership through

powerful partnerships, involving many organizations and industry leaders. The program utilizes the 'star power' of the NFL clubs, players, and physical activity programming to add recognition and value to the initiative and entice students to participate. Fuel Up to Play 60 also capitalizes on NDC's trusted relationships with schools through decades of supplying science-based nutrition information and education materials. Together, the NFL and NDC are combining significant in-kind and financial resources and expertise and bringing even more organizations on board. Organizations like the American Dietetic Association Foundation, American Academy of Pediatrics, Action for Healthy Kids, National Medical Association, National Hispanic Medical Association, School Nutrition Association and American Academy of Family Physicians have joined the cause.

Customization

This ongoing, social marketing program goes beyond promotions to influence actual behavior change – advancing the youth desire for a healthier future. Integrated components developed with youth (e.g., program curriculum, in-school signage, Web site, youth social media partnerships, etc.) are customizable and non-prescriptive—allowing youth and schools to determine which tools and resources will best meet youth wellness goals and each school's wellness policies.

National Issues, Local Solutions

Because Fuel Up to Play 60 aims at long-term, sustainable change, it requires ongoing support and participation at the grassroots level. Local dairy councils across the country and all 32 NFL clubs actively support this program, providing locally-relevant program components to encourage engagement and program evolution based on local needs.

COURTESY: Sara Robbins
DairyMax
www.dairymax.org

The Savory Side of California Figs

Gorgonzola Stuffed California Figs with Prosciutto

- 1 pound prosciutto, sliced very thin
- 16 fresh or dried California figs, stems removed
- 3 tablespoons soft Gorgonzola cheese
- 1/2 cup seedless raspberry jam, melted
- 1/2 cup white balsamic vinegar
- Fresh thyme leaves, chopped

Divide prosciutto into 16 strips, each about 1/2-inch wide by 6 inches long; set aside.

Starting at stem end, cut figs in half lengthwise, leaving blossom end intact. Press 1/2 teaspoon cheese in center of each and press back together. Wrap each fig with a strip of prosciutto and thread onto wooden skewers. Grill over high heat, 5 minutes, turning frequently, until lightly charred on all sides. Remove from grill to serving plates. Combine jam and vinegar: mix well and drizzle over figs. Sprinkle with thyme. Serve warm. Serves: 8.



Caramelized Onion, Fig and Goat Cheese Tarts

- 1 tablespoon olive oil
- 3 medium onions, thinly sliced
- 1 tablespoon butter
- 2 tablespoons brown sugar
- 1 tablespoon balsamic vinegar
- 4 frozen prepared 4-inch puff pastry tart shells
- 8 ounces goat cheese, crumbled
- 8 fresh California figs, sliced

In heavy skillet over low heat, heat oil and sauté onions, cooking gently for 10 minutes or until very soft. Add butter, brown sugar and balsamic vinegar; continue to cook over low heat, stirring frequently, for 20 to 30 minutes until onions are very soft, caramelized and jam-like. Cool. Preheat oven to 375° F. Divide onion mixture among pastry shells; top with sliced figs

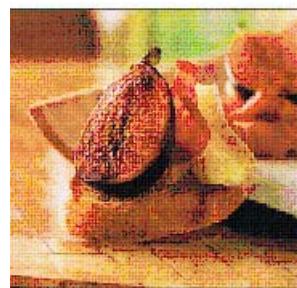
and crumbled goat cheese. Crimp edges of each tart in about 8 places to make free form; arrange on baking sheet. Bake 20 to 25 minutes or as directed on package, until golden and crisp.



Seared Fresh Black Mission Figs

- 1 fresh California Black Mission fig, cut in half lengthwise
- Fine granulated sugar, as needed
- Olive oil, as needed
- 1 ounce sliced Brie
- Crisp fried bacon; for garnish
- Toasted baguette slices or crackers

Sprinkle fig halves very lightly with sugar. Lightly coat bottom of cast iron skillet with olive oil; heat to very hot. Arrange fig halves, cut side down in pan and sear for about 2 minutes. Cool and arrange cut side up on toasted baguette slices or crackers topped with cheese and bacon. Serves: 1.



Note: Estimated 1/4 teaspoon sugar; 1 teaspoon olive oil; 1/2 slice (about 1 ounce) bacon, cooked; and 2 slices of baguette equal to 1-ounce.

COURTESY: Robert Del Grande
California Fig Advisory Board

www.californiafigs.com

Rio Star Grapefruit Treats

Rio Star Grapefruit & Quinoa Salad

- 1 Texas Rio Star Grapefruit, sectioned
1 Texas Orange, sectioned
8 thin slices fresh ginger
1/4 cup extra-virgin olive oil
3/4 cup quinoa
1/2 teaspoon kosher salt, plus additional for seasoning
1 tablespoon white wine vinegar
2 teaspoons honey
1 small serrano or jalapeno chile, minced (with seeds for maximum heat)
2 scallions (both white and green parts), minced
2 carrots, peeled & diced
2 tablespoons chopped fresh cilantro leaves
Freshly ground black pepper

Strip the peel from the grapefruit with a vegetable peeler, taking care not to include the bitter white pith.

Warm the grapefruit peel, ginger, and olive oil in a small saucepan over medium heat. As soon as the oil starts to bubble, after about 2 minutes, remove from

heat. Set the oil aside to steep for 30 minutes. Strain and reserve the oil. Meanwhile, rinse the quinoa in a bowl and drain. Put the quinoa in a small saucepan with 1 1/2 water and 1/2 teaspoon salt. Boil over high heat, and then reduce heat to maintain a gentle simmer and cook, uncovered, for 15 minutes. Set aside off the heat, undisturbed, for 5 minutes. Transfer the quinoa to a bowl and fluff with a fork. Cool. Segment the grapefruit over a bowl, reserving the segments and juice separately. Whisk 3 table-spoons of the grapefruit juice with the vinegar, honey, and salt to taste in a medium bowl. Gradually whisk in 3



tablespoons of the reserved grapefruit oil, starting with a few drops and then adding the rest in a stream to make a slightly thick dressing. Season with pepper to taste. Toss quinoa with the dressing, chiles, scallions, carrots and cilantro. Season with salt and pepper, to taste. Toss the grapefruit segments into the salad, divide among 4 plates. Serve warm or at room temperature. 4 servings.

Serving suggestion: this salad is delicious served with grilled salmon.

Rio Star Grapefruit Lemonade

- 1 cup sugar
2 1/2 cups freshly squeezed lemon juice (14 lemons)
2 cups freshly squeezed Texas Rio Star Grapefruit juice (3 large grapefruit)
1 grapefruit cut into thin round halves for garnish

Prepare an ice bath. Combine the sugar and 2 cups water in a medium saucepan. Stir well and set over medium-high heat. Bring to a boil and cook, stirring occasionally, until all of the sugar has dissolved. About 10 minutes. Pour the sugar syrup into a medium bowl and set the bowl in the ice bath to cool. Syrup should yield 2 1/2 cups. When ready to serve the beverage, combine the lemon juice, grapefruit juice, and the sugar syrup in a medium pitcher.

Add the grapefruit garnish and fill with ice cubes. Serve immediately. Makes 12 servings.



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

Cherry Prune Stuffing

1 box (two 6 oz. bags) Mrs. Cubbison's Seasoned Dressing or Corn Bread Stuffin'
1/4 cup Star Olive Oil
1 cup chopped celery
1 cup chopped onion
1 1/4 cup apple juice, broth or water
1/2 cup Sunsweet Pitted Prunes
1/2 cup Sunsweet Dried Red Tart Cherries
1/2 cup chopped walnuts or pecans

Combine stuffin' with olive oil and remaining ingredients. Stir liquid in gradually. Spoon stuffing into a greased 2 1/2 or 3-quart casserole dish. Bake, covered for 30 minutes at 350 degrees. Remove cover and bake 5 minutes longer or until top is browned and crispy. Makes 12 (1/2 cup) servings.

Note: For individual and quicker cooking, place stuffing in a greased muffin pan to make Stuffin' Muffins. Another great idea is to fill hollowed out bell peppers for stuffed bell peppers.

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