



Creative Living

with Sheryl Borden
6300 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, "Wilton Treats" is in Section I on page 3, whereas "Let's Talk Turkey" is in Section II on page 11.

LET'S TALK TURKEY!

Cajun Turkey Sandwich

- 1 (3 pound) Butterball® Boneless Cajun Breast of Turkey Roast, thawed
- no-stick cooking spray
- 2 tablespoons butter
- 1 cup green pepper strips
- 1 cup red pepper strips
- 1 cup sliced onion
- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon celery seed
- 8 Kaiser rolls, split
- 1/4 cup mayonnaise
- 8 slices (1 ounce each) cheddar cheese

Preheat oven to 325° F. Remove roast from package; lightly pat with paper towels. Discard gravy packet or refrigerate for another use. Lift string netting and shift position on roast for easier removal after cooking. Place roast, skin side up, on flat roasting rack in 2-inch deep roasting pan. Spray roast with cooking spray. Bake 1-3/4 to 2 hours, or until meat thermometer inserted in center of roast reaches 170° F. Let roast stand 10 minutes before removing string netting. Carve into thin slices. Meanwhile, melt butter in medium skillet over medium heat. Add green and red peppers and onion. Cook and stir 8 minutes, or until tender. Stir in hot sauce and celery seed. Remove from heat. Spread bottom halves of rolls evenly with mayonnaise. Top each with 1 slice cheese, 2 turkey slices and vegetables. Cover with top halves of rolls. Serves 8.

Turkey Smoked Sausage and Vegetable Kabobs

- no-stick cooking spray
- 2 medium sweet potatoes, cubed
- 1/2 cup apricot preserves
- 2 tablespoons spicy brown mustard
- 1 package Butterball® Smoked Turkey Dinner Sausage, cut into 1/2-inch slices
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium yellow bell pepper, cut into 1-inch pieces
- 1 large red onion, cut into 8 wedges



Spray cold grate of outdoor grill with cooking spray. Preheat grill for medium direct heat. Place sweet potatoes in medium saucepan. Add enough water to cover. Bring to a boil on high heat. Cook 5 to 7 minutes, or until almost tender. Meanwhile, combine preserves and mustard. Set aside. Drain potatoes. Thread evenly onto 8 skewers alternately with the sausage, bell peppers and onion. Grill 8 to 10 minutes, or until sausage is hot and vegetables are crisp-tender, turning and brushing several times with the preserves mixture. Serves 8.

Turkey Bacon Frittata

- 1 package (11 ounces) Butterball® Turkey Bacon
- 6 ounces angel hair pasta, broken in half
- 2 teaspoons olive oil
- 1/3 cup finely chopped onion
- 1 medium red pepper, cut into thin strips
- 8 large eggs
- 5 ounces ricotta cheese
- 4 ounces shredded Mozzarella cheese
- 4 ounces shredded Swiss cheese
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 package (10 ounces) frozen chopped spinach, thawed, squeezed dry
- no-stick cooking spray

Preheat oven 350° F. Cook bacon in microwave according to directions on package; crumble and set aside. Cook pasta according to package directions.



Rinse, drain and set aside. Heat oil in large skillet on medium heat until hot. Add onion and peppers. Cook and stir until tender. Combine eggs, cheeses, salt, pepper and cooked pasta in large bowl. Add cooked vegetables, spinach and turkey bacon. Spray a 10-inch quiche dish with cooking spray. Pour egg mixture into dish. Bake 30 minutes or until knife inserted comes out clean. Cut into wedges. Serves 8.

Turkey Foil Wrap-Up

- 1 package Butterball® Smoked Turkey Dinner Sausage, cut into 1" pieces
- 1 medium zucchini, sliced 1/2" thick
- 1 medium yellow squash, sliced 1/2" thick
- 1 large onion, cut into chunks
- 1 medium red bell pepper, cut into 1" pieces
- 1/4 cup apple juice
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon butter

Prepare the grill for indirect medium heat. Cut an 18-inch square of heavy foil. Place sausage, zucchini, squash, onions, and peppers in center of foil. Add the apple juice and rosemary. Cut butter into small pieces. Place evenly over all. Seal the foil. Place on grill. Cook 50 to 55 minutes or until sausage is heated through (160°F) and vegetables are tender. Serves 4.



Turkey and Roasted Pepper Quesadillas

- 1 package (5 ounces) Butterball® Thin Sliced Honey Roasted Turkey Breast
- 8 slices Swiss cheese
- 1/4 cup chopped roasted red peppers
- 2 tablespoons chopped fresh parsley
- 1 tablespoon olive oil
- 4 (10 inch) flour tortillas

Place equal amounts of turkey, cheese, roasted peppers, and parsley on each of 2 tortillas. Top each with another tortilla. Place a 12-inch nonstick skillet over medium heat until hot. Add olive oil. Tilt skillet to coat bottom. Carefully add the tortillas. Cook 3 minutes on each side, pressing down on top with a spatula, or until the cheese is melted and the tortillas are golden. Remove from pan and cut into wedges. Serves 4.

The Ultimate TLT Sandwich

- 6 tablespoons light ranch dressing
- 1/4 cup bacon, cooked and crumbled
- 3 Kaiser rolls, split
- 3 lettuce leaves
- 3 slices tomato
- 1 package (5 ounces) Butterball® Thin Sliced Oven Roasted Turkey Breast

Combine dressing and bacon until blended. Spread evenly onto cut sides of rolls. Place 1 lettuce leaf, 1 tomato slice and 6 turkey slices on bottom half of each roll. Cover with tops of rolls. Serves 3.

Turkey Turnovers

- 1 cup quartered fresh mushrooms
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1/8 teaspoon dried thyme leaves
- 1 tablespoon vegetable oil
- 1 tablespoon all-purpose flour
- 1/3 cup whipping cream
- 1 cup chopped leftover cooked Butterball® Turkey
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 can (8 ounces) refrigerated crescent rolls

Preheat oven to 375° F. Cook mushrooms, onion, garlic and thyme in oil in a large skillet on medium-high heat until onions are soft. Add flour. Cook 1 minute or until well blended, stirring constantly. Stir in cream. Cook and stir until thickened. Stir in turkey, salt and pepper. Remove crescent rolls from package. Flatten and separate into 4 rectangles. Press perforations together to seal into four solid rectangles. Spoon about one fourth turkey mixture onto center of each rectangle. Fold into triangles. Press edges to seal in turkey mixture. Place on baking sheet. Bake 15 to 18 minutes or until golden. Serve hot. Serves 4.



Roast Turkey With Spicy Rub

- 3 tablespoons firmly packed light brown sugar
- 3 tablespoons kosher salt or sea salt
- 3 tablespoons paprika
- 2 tablespoons chili powder
- 2 teaspoons black pepper
- 2 teaspoons roasted cumin
- 1 teaspoon ground coriander
- 2 teaspoons garlic powder
- 2 teaspoons crushed red pepper flakes
- 1 Butterball® Turkey (12 to 14 pounds), thawed if frozen
- 6 tablespoons canola oil, divided

Combine all ingredients except turkey and oil. Blend well. (May be prepared 2 to 3 days in advance. Store mixture in an airtight container at room temperature.) Remove neck and giblets from body and neck cavities of turkey; refrigerate for another use or discard. Drain juices from turkey; pat dry with paper towels. Turn wings back to hold neck skin in place. Return legs to the tucked position, if untucked. Place turkey, breast side up, on flat rack in shallow roasting pan. Brush outside of the turkey with half of oil; rub outside and inside cavity with spice mixture. Cover and refrigerate 12 hours or overnight. Preheat oven to 325° F.

Brush spiced turkey with remaining 3 tablespoons oil. Bake approximately 3 hours*, or until meat thermometer reaches 180° F when inserted in thickest part of thigh. Remove turkey from oven. Let turkey stand 15 minutes before carving. *Follow cooking times according to package directions; times vary by size of turkey.

Tip: For a spicier rub, increase crushed red pepper to 1 tablespoon and add 1 or 2 teaspoons cayenne pepper.

**COURTESY: Marty Van Ness
Butterball
www.butterball.com**

Turkey Recipes for Every Season

Turkey Salsa Soup

Cook method: Boil/Simmer

Prep: 10 minutes

Cook: 20-30 minutes

Ready in less than 45 minutes

- 1 cup chunky salsa with chipotle
- 1 can (15 ounces) black beans, rinsed, drained
- 1 cup frozen whole kernel corn
- 1 cup chopped cooked Butterball® Turkey
- 1 can (14.5 ounces) chicken broth

Combine salsa, black beans, corn, turkey, and broth in large saucepan. Bring to boil on medium-high heat. Reduce heat. Simmer 5 minutes.

Servings: 4.

Pumpkin Black Bean Turkey Chili

Cook method: Boil/Simmer

Prep: 20 minutes

Cook: 1-2 hours

Ready in less than 1 1/2 hours

- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 1 cup chopped yellow bell pepper
- 1 finely chopped jalapeno pepper

- 3 cloves garlic, minced
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 1/3 teaspoons dried oregano leaves
- 3 cups beef broth
- 2 cans (15 ounces each) black beans, rinsed, drained
- 2 1/2 cups chopped leftover cooked Butterball® Turkey
- 1 can (15 ounces) Libby's® Pumpkin
- 1 can (14.5 ounces) diced tomatoes
- 1/2 cup dry sherry
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Heat oil in large saucepan on medium heat. Add onion, bell peppers, jalapeno pepper and garlic. Cook and stir 8 minutes, or until onion is tender. Stir in chili powder, cumin and oregano. Cook and stir 1 minute. Add broth, beans, turkey, pumpkin, tomatoes with their liquid, sherry, salt and black pepper; mix well. Bring to a boil, stirring occasionally. Reduce heat to low; simmer, uncovered, 45 minutes, stirring occasionally. Servings: 6.

**COURTESY: Janet Stahl
Butterball
www.butterball.com**

COOKING WITH JOHNNY VEE

Hot Sweet & Sour Brisket

- 2 tablespoons olive oil
- 1-3.5 lb. brisket, trimmed of fat that is thicker than one-quarter inch thick
- 1 medium onion, peeled and thin sliced
- 2 garlic cloves, minced
- 2 cups whole cranberry sauce, (one 16-oz. can)
- 1/2 cup ketchup
- 1 12 oz. bottle Mexican beer (not a dark beer. (I used Pacifico)
- 4 chipotle chiles in Adobo sauce, or to taste
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup diced potatoes in half-inch cubes
- 2 medium carrots, peeled and diced in half-inch cubes

Heat the olive oil in a 6-quart or larger pressure cooker over medium heat.

Brown the brisket on all sides in the pan and then remove and set aside. Add the onions and garlic and sauté until the onions start to sweat. Replace the brisket on top of the onions and then add cranberries, ketchup, beer and chipotles. Stir in the salt and pepper.

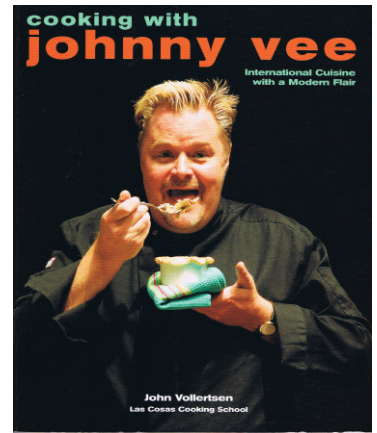


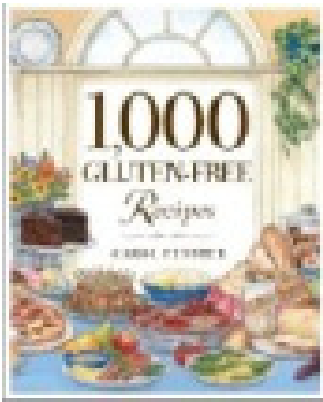
Put the lid in place and lock. Bring the cooker up to pressure over medium heat and once you have reached the highest pressure your cooker allows (the second red ring on the Fissler), reduce heat to low to maintain pressure setting.

Start your timer and allow to cook 75 minutes. Check that brisket is almost fork tender and then add the potatoes and carrots. Bring pressure back up and cook an additional 5 minutes. Check vegetables and meat for doneness.

Remove meat and vegetables from the pot with a slotted spoon, set aside. With the lid off, allow the “gravy” to simmer for up to 30 minutes until it thickens and takes on a glossy appearance. Adjust salt and pepper and replace meat and vegetables in the sauce. Serve immediately or allow to cool to room temperature and then chill, covered in refrigerator for 2 to 3 days. Reheat and serve. Serves 4-6.

**COURTESY: John Vollertsen
(Chef Johnny Vee)
Los Cosas Cooking School
www.chefjohnnyvee.com**





Beans and Vegetables in the Gluten-Free Diet



Beans are an inexpensive, yet very important part of a healthy gluten-free diet. They're high in protein and fiber and low in fat and sodium. When choosing beans, include different types (red, pinto, black, garbanzo, lentils, split pea, etc.) Be sure to pick over beans to remove unwanted debris. When cooking dry beans from scratch, use a saucepan or slow cooker. Rinsing canned beans removes 35 to 40% of sodium.

Chocolate Cupcakes

Reprinted with permission from Pulses in the Gluten-Free Diet by Shelley Case and Carol Fenster (booklet available at <http://www.Pulsecanada.com/pulses-and-the-gluten-free-diet>)

Desserts such as these cupcakes can use black bean puree to boost the fiber and nutrient content. The puree blends in so perfectly that nobody knows it's there.

- 1 cup Brown Rice Flour Blend (see below)
- 3/4 cup granulated sugar
- 1/3 cup unsweetened natural cocoa powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon xanthan gum
- 1/4 teaspoon table salt
- 1/2 cup hot (120 degrees) water
- 1/4 cup Black Bean Puree, at room temperature (see below)
- 1 large egg at room temperature
- 1/4 cup canola oil
- 1 1/2 teaspoons cider vinegar
- 1 1/2 teaspoons vanilla extract
- Powdered sugar for dusting

Place a rack in the middle of the oven. Preheat the oven to 350° F. Generously grease a 6-cup nonstick (gray, not black) muffin pan or line with paper liners. In a medium mixing bowl, whisk together the flour blend, sugar, cocoa, baking soda, xanthan gum, and salt. Add the black bean puree and egg and beat with an electric mixer on low speed until blended. Add the hot water, oil, vinegar, and vanilla and beat until thoroughly blended. Divide the batter evenly in the pans. Bake 20 to 25 minutes or until a toothpick inserted into the center of a cupcake comes out clean. Cool the cupcakes in the pans 10 minutes on a wire rack.

Remove cakes from pans and cool completely on the wire rack. Dust the tops with powdered sugar and serve. Makes 6 cupcakes or an 8-inch cake.

Black Bean Puree: Rinse and drain a 15-ounce can of black beans (also called turtle beans). Place in food processor, add 1/4 cup hot water and puree until the mixture is very smooth, about 5 minutes. Scrape down sides of bowl as needed. Refrigerate or freeze unused bean puree.

Brown Rice Flour Blend: 1 1/2 cups brown rice flour, 1 1/2 cups potato starch, and 1 cup tapioca flour (also called tapioca starch). Blend thoroughly. Store, tightly closed, in dark, dry place.

Vegetables in the Gluten-Free Diet

Vegetables provide important nutrients and fiber, but many people are either confused about their preparation or don't have the time. Vegetables provide fiber, antioxidants and vitamins. It is recommended to have 5 servings per day, and the recommended serving size is 1/2 cup cooked vegetables, one small whole potato and one cup leafy greens. It is also important to eat a colorful variety of vegetables (green, red, orange, yellow and purple.)

Carol suggests that preparing vegetables fresh, with dips and in interesting shapes is a good way to get kids to eat more vegetables. Also, try different preparation methods (i.e. steamed instead of boiled, roasted or in soups for something different.) The benefits of roasting vegetables are mellower flavor, less tending, and no leaching of nutrients into water.

Carrot-Pineapple Salad with Raisins

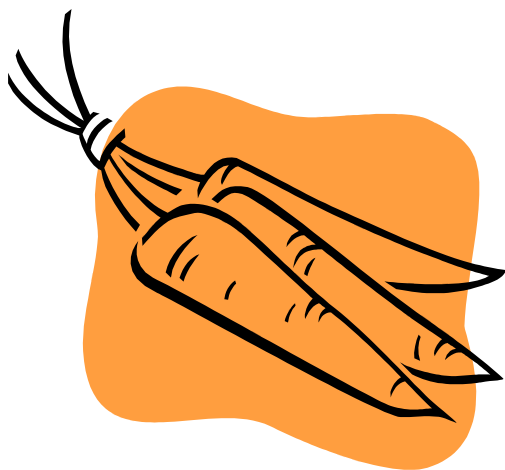
By Carol Fenster, author of 125 Gluten-Free Vegetarian Recipes (Avery, 2011)

This is my rendition of an old-time favorite that is typically made with grated carrots and crushed pineapple. My version uses pre-cut carrot chips and pineapple tidbits for a more dramatic presentation. It's colorful, chock-full of vitamins and fiber, and is a great choice for young and old alike.

- 1 pound fresh carrot chips (found in produce section)
- 1 can (15 ounces) pineapple tidbits, well-drained
- 1/4 cup raisins (golden or dark), or more to taste
- 1/4 to 1/3 cup mayonnaise or plain yogurt
- 1 to 2 teaspoons sugar (or to taste)
- 1/8 teaspoon salt

In a medium bowl, toss together the carrots, pineapple, and raisins with a spatula. In a small bowl, whisk together the mayonnaise, sugar, and salt until well blended. Add to the carrot mixture and toss to coat thoroughly. Cover and refrigerate until serving time. Serve chilled. Serves 4

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



Two Mothers Foods



Two Mothers Foods began by offering a lunch program for the Four Winds Waldorf School in Warrenville, IL. We are expanding, and now have a reduced-waste lunch shop in Naperville, Illinois. We hope to share our venture with other conscientious eaters who like the idea that their lunch creates minimal waste.

Minimal waste means our food is served in reusable glass mason jars, with a cloth napkin and real silverware, all in a canvas bag. You also have the option to bring in your own container or thermos and receive a discount. We get many of our ingredients from the Chicago Green City Market and the Geneva Green Market, and we have super-sized CSA's with local farms to supply us much of the year. We try to be approachable to all. At least 50% of our menu is vegan, gluten free, sugar free, dairy free, soy free, and nut free. We are absolutely committed to sustainability: We do not want to be a food company that creates waste from paper, plastic, or even one-use recyclables or compostable materials. For more information, visit our website.

COURTESY: Christy Kabbani and Nicky Poloski
Two Mothers Foods
www.twomothersfoods.com



Food Gifts From the Kitchen

Eggnog Pound Cake

- 1 pkg. (16 ozs.) pound cake mix
- 1 1/4 cups eggnog
- 2 large eggs
- 1/2 teaspoon nutmeg
- 1/2 teaspoon vanilla extract

Preheat oven to 350° F. Beat all ingredients together at low speed with an electric mixer until blended. Increase speed to medium and beat 2 minutes. Pour into a lightly greased 9 x 5-inch loaf pan. Bake at 350 for 1 hour to 1 hour and 5 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. Remove from the pan to wire rack, and cool completely about 1 hour.

NOTE: If you think this pound cake couldn't get any better – try toasting the slices and spreading them with your favorite jam or preserves for a holiday breakfast treat.



Quick Cran-Apple Butter

- 1 cup sugar
- 1/2 cup brown sugar
- 1 pkg. Freezer Jam Fruit Pectin
- 3/4 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon nutmeg
- 1 large orange
- 1 cup fresh or thawed, frozen cranberries
- 4 cups peeled, cored, coarsely chopped apples (about 4 medium)
- 1 tablespoon lemon juice

Stir sugar, brown sugar, contents of pectin package, cinnamon, allspice and nutmeg in a bowl until well blended. Set aside.

Zest orange. Set zest aside. Cut orange in half. Over a 1 cup liquid measure, squeeze orange halves to yield 1/4 cup juice. Set aside. Pulse cranberries in a food processor until finely chopped, add apples, orange juice and lemon juice. Process until smooth, about 30 seconds, add apple-cranberry puree and orange zest to the pectin mixture. Stir 3 minutes. Ladle jam into clean 8 ounce plastic freezer jars to fill line. Twist on lids. Let stand until thickened, about 30 minutes. Serve immediately, refrigerate up to three weeks or freeze up to one year. Makes 4 half-pints.



Pickled Grapes with Rosemary & Chiles

- 3 cups seedless green grapes (about 1 lb.)
- 3 cups seedless red grapes (about 1 lb.)
- 6 (4-inch long) fresh rosemary sprigs, divided
- 2 cups white wine vinegar
- 3 garlic cloves, thinly sliced
- 2 tablespoons kosher salt
- 2 teaspoons sugar
- 1/2 teaspoon dried crushed red pepper

Pack grapes into 4 (1-pint) canning jars with lids. Add 1 rosemary sprig to each jar. Bring vinegar, next 4 ingredients, 1 cup water and remaining 2 rosemary sprigs to a simmer in a medium saucepan. Remove from heat, and discard rosemary sprigs. Pour hot vinegar mixture over grapes. Cover loosely, and let cool to room temperature (about 30 minutes). Add lids and chill 1 hour before serving. Store in refrigerator up to 1 week.

**COURTESY: Connie Moyers
Roosevelt Co. Extension Service**
<http://aces.nmsu.edu/county/roosevelt/>

Rio Star Grapefruit Salad

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 tablespoons 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.



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

Foods & Nutrition Guests

Sharon Davis

Home Baking Assn.
723 Houston St.
Manhattan, KS 66502
785-539-7044
hbadavis@gmail.com
www.homebaking.org

Robert Del Grande

RDG & Bar Annie
California Fig Advisory Board
1800 Post Oak Blvd.
Houston, TX 77050
713-840-1111
Robert@rdgbarannie.com
www.rdgbarannie.com
www.californiafigs.com

Eleisha Ensign

TexaSweet Citrus Marketing, Inc.
901 Business Park Drive, Suite 100
Mission, TX 78572
956-580-8004
kymberly@texasweet.com
www.texasweet.com

Carol Fenster

Savory Palate, Inc.
8174 S. Holly St., #404
Centennial, CO 80122
303-741-5408
info@savorypalate.com
www.savorypalate.com

Christy Kabbani

Two Mothers Foods
1659 N. Rt. 59
Naperville, IL 60540
603-428-5878
FAX: 630-428-5876
c.kabbani@hotmail.com
www.twomothersfoods.com

Connie Moyers

Roosevelt Co. Coop. Ext. Service
P. O. Box 455
Portales, NM 88130
575-356-4417
comoyers@nmsu.edu
<http://aces.nmsu.edu/county/roosevelt/>

Charlene Patton

Home Baking Assn.
2931 SW Gainsboro Rd.
Topeka, KS 66614
785-478-3283
hbpatton@aol.com
www.homebaking.org

Nicky Poloski

Two Mothers Foods
1659 N. Rt. 59
Naperville, IL 60540
603-428-5878
FAX: 630-428-5876
nicky@twomothersfoods.com
www.twomothersfoods.com

Kimberly Reiner

Sugar Mamas
P O Box 572153
Tarzana, CA 91356
310-454-2604 (work)
310-405-4212 (cell)
Kimberly@sugarsugarrecipes.com
www.sugarsugarrecipes.com

Sara Robbins

DairyMax
P O Box 36377
Albuquerque, NM 87176-6377
505-255-0000
Fax: 505-255-0769
Cell: 505-259-3194
robbinss@dairymax.org
www.dairymax.org

Jenna Sanz-Agero

Sugar Mamas
P O Box 572153
Tarzana, CA 91356
310-454-2604 (work)
310-405-4212 (cell)
jenna@sugarsugarrecipes.com
www.sugarsugarrecipes.com

Nancy Siler

Wilton Brands
2240 West 75th St.
Woodridge, IL 60517
630-810-2208
630-810-2710
nsiler@wilton.com
www.wilton.com

Janet Stahl

Butterball
200 E. Randolph
Chicago, IL 60601
312-240-3176
Fax: 312-240-1501
Megan.downey@edelman.com
Bridget.omalley@edelman.com
www.butterball.com

Marty Van Ness

Butterball LLC
1240 Diehl Rd.
Naperville, IL 60601
312-240-2734
312-297-7442
Bridget.omalley@edelman.com
www.butterball.com

John Vollertsen (Chef Johnny Vee)

Las Cosas Cooking School
231 E. Santa Fe Ave.
Santa Fe, NM 87505
505-988-3394
chefjohnnyvee@aol.com
www.chefjohnnyvee.com