

Creative Living

with Sheryl Borden



#6400 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 three sections in order for it to be downloaded more quickly. For instance, “Fuel Up to Play 60” is in Section I on page 3, whereas “Top-Coating” is in Section II on page 11 and “California Raisins-The Wise Choice” is in Section III on page 20.



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**

QUICK & EASY FOOD DISHES

Cranberry Salsa

- 1 small navel orange, peeled & quartered
- 1 bag (12 ozs.) fresh or frozen cranberries
- 1 cup sugar
- 2 jalapeno peppers, halved lengthwise & seeded
- 1/8 tsp. salt



Process all ingredients in a food processor until coarsely chopped, stopping once to scrape down sides. Pulse 2 or 3 times until mixture is finely chopped. Transfer mixture to a bowl; cover and chill at least 1 hour. Serve with chips, crackers or over cream cheese topped with pecans.

Apple Jack Spread

- 1 pkg. (8 ozs.) low-fat cream cheese, softened
- 4 ozs. Monterey Jack Cheese, shredded
- 2 tsp. Dijon mustard
- 1 lg. Granny Smith apple, shredded
- 2 Tsp. chopped chives
- 1/2 cup finely chopped pecans or walnuts
- Assorted crackers or crisp vegetables



In a food processor or by hand, combine cheeses and mustard, blending until smooth. Remove to a medium bowl. Add apples and chives and gently combine mixture. Sprinkle with pecans. Chill and serve with crackers or vegetables.

Brownie Trifle

- 1 pkg. (19 1/2 ozs.) fudge brownie mix
- 1/4 cup coffee liqueur (optional)
- 2 pkgs. (3.9 ozs. ea.) chocolate fudge instant pudding
- 1 container (12 ozs.) frozen whipped topping, thawed
- 8 (1.4 ozs. ea.) chocolate-covered toffee candy bars, coarsely crushed
- Ground nutmeg

Prepare brownie mix according to package directions using a 13x9x2-inch pan. Prick top of warm brownies at 1-inch intervals with a wooden pick; brush with coffee liqueur, if desired. Cool and crumble. Prepare pudding mix according to package directions, omitting chilling. Layer half of the crumbled brownies in a 3-quart trifle bowl or dish, top with half of pudding, half of coarsely crushed candy bars, and half of whipped topping. Repeat with remaining brownies, pudding and topping. Cover and chill 8 hours or overnight. Garnish with nutmeg and remaining crushed candy bars. This can also be prepared and served in stemmed glasses for individual servings.



**COURTESY: Connie Moyers
Extension Home Economist**

Trusted Turkey Tips For All Cooks

Thawing a turkey properly



Whenever possible, refrigerator thawing is best. However, if you are short on time and need a speedy method, try cold-water thawing. Do not ever thaw a turkey at room temperature, as this allows for bacterial growth and is never recommended.

Refrigerator Thawing:

- * Thaw breast side up, in unopened wrapper, on a tray in the refrigerator.
- * Allow for at least 1 day of thawing for every 4 pounds of turkey.

Cold-Water Thawing:

- * Thaw breast side down, in unopened wrapper, in enough cold water to cover it completely.
- * Change the water frequently to keep the turkey chilled.
- * Estimate a minimum thawing time of 30 minutes per pound for a whole turkey.

No Time to Thaw Your Turkey?

No thawing is needed for an all natural Butterball Fresh Whole Turkey. These turkeys are moist, flavorful, and make meal preparation so much easier. No matter whether you like fresh or frozen turkeys, you'll love the great features available in both:

- * Neck and giblets in plastic bags for easy removal.
- * Unique leg tuck eliminates the need for trussing.
- * Turkey lifter for easy transfer to and from pan.
- * Major leg tendons removed for easier carving.
- * Instruction folder included with each turkey.

Food safety is important

By following these simple food safety guidelines, you can prepare your meals properly and ensure that you and your guests safely enjoy every bite.



Turkey Safety Tips:

- * Thawed turkey may be kept in the refrigerator up to 4 days before cooking.
- * Use paper towels, not cloth, to wipe off turkey and clean up juices.



- * Combine stuffing ingredients and stuff turkey just before roasting, not the night before.
- * Always cook turkey

to a minimum of 165°F as measured with a meat thermometer. We recommend white meat be cooked to 170°F and dark meat to 180°F for best eating quality.

Checking for doneness

Use a meat thermometer to take the guesswork out of determining when your turkey is done. A meat thermometer is designed to give you an accurate reading for a thoroughly cooked turkey.

Your Turkey Is Done

- * When the meat thermometer reaches the following temperatures:
 - o 180 degrees deep in the thigh. At this temperature, juices should be clear, not reddish pink, when thigh muscle is pierced deeply.
 - o 165 degrees in the center of the stuffing, if turkey is stuffed. When the stuffed turkey is done, remove turkey from the oven and let the turkey with stuffing stand 15 minutes.

**COURTESY: Janet Stahl
Butterball**

TREATS FROM WILTON



Chocolate Dessert Cups and Decorations

Here's an elegant way to serve dessert. Mold a candy cup or dessert shell and fill it with a swirl of mousse or ice cream. The smaller one is a perfect size for after-dinner liqueurs! Each cup serves 1.



Step 1: Melt Candy

Melt or have melted white, dark and a color of Candy Melts. Use Chocolate Pro Electric Melting Pot for pouring into dessert shell, disposable bag for piping on wax paper, bottle for accents and painting in cordial cups.



Step 2: Mold Cups and Shells using Dessert Shell, Cordial Cup, and Dessert Accents.

Pour chocolate into dessert shell with Choc Pro. Using bottle, fill cordial cup mold cavity 1/3 to 1/2 full with melted candy. Using decorator brush, paint candy up the sides to the top edge. Repeat until you can't see through the candy shell. Refrigerate until firm, about 10-15 minutes.

Using bottle fill dessert accents. Have a pattern on a cake board with waxed paper on top and pipe over pattern.



Step 3: Fill Candy Cups

Fill cups with mousse, ice cream, whipped cream or liqueur.



Candy Pinwheels



To make these cute candy pinwheels, melt candy melts as described above. Pipe the pinwheel portion. Add fill-in colors, if desired. These can be added to an iced cupcake, top of round sugar cookie and pretzel rod with melted candy in disposable bag.

Very easy and always a hit!

COURTESY: Nancy Siler
Wilton Brands

TexasSweet Recipes



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.

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 tsp. 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.

**COURTESY: Eleisha Ensign
TexaSweat Citrus Marketing, Inc.**





Champion Refrigerator Potato Rolls

- 1 package active dry yeast
- 1 cup hot mashed potatoes*
- 1/4 cup warm water, 110°-115° F
- 1 cup hot potato water
- 2/3 cup shortening or butter
- 3 eggs, beaten
- 1/2 cup sugar
- 7 to 7-1/2 cups bread flour, divided**
- 2 teaspoons salt
- 1-1/2 teaspoons grated lemon zest

Dissolve yeast in water; set aside. In a large bowl, combine shortening or butter, sugar, salt, potatoes and potato water; let cool to lukewarm (110° to 115°F). Add yeast, eggs, 2 cups of flour and lemon zest; beat 2 minutes. Gradually add enough remaining flour to make a soft dough. Knead until smooth and elastic, 15 minutes by hand or with a dough hook. Place in lightly oiled bowl, turning to coat.*** Cover; let rise in a warm (80°F) place until double. Punch down, cover, and let rise again. Punch down dough, cover and let rest 10 minutes. Shape into Flip 'em Rolls or as desired. Cover, let rise in warm (90° to 110°F) place until double. Bake 13 to 14 minutes in a preheated 400°F oven. Remove rolls and cool on wire racks. Makes 36 rolls.

*Three medium potatoes boiled in 3 cups water will yield about 1 cup mashed potatoes

**Half of the flour may be whole wheat flour.

***Dough may be placed in a sealable bowl and refrigerated 1-2 days. Punch down dough as necessary.

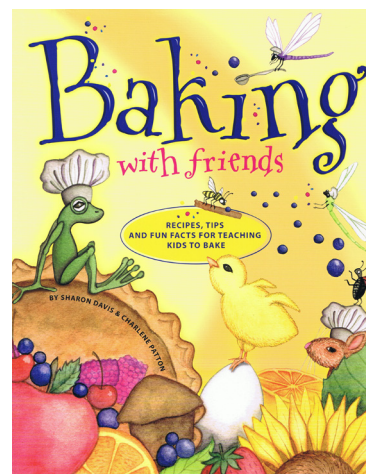
VARIATIONS:

Flip 'em Rolls: Divide dough into thirds. Roll each third into a 13- to 14-inch circle. Using a pizza cutter, evenly divide circle into 12 wedge-shaped pieces.

Pick up each triangle at the wide edge and flip the dough toward you. Pinch the point to the roll to prevent unrolling and lay point-side-down on a lightly greased baking sheet, shaping into a crescent roll.

Twisted Breadsticks: Using one piece of dough (1 to 2 oz.), form a rope of dough about 12 inches long. Place your hands at each end and twist by moving your hands in opposite directions until the rope is about 14 to 16 inches long. Pick up the twisted rope by the ends. It should automatically twist together. Pinch the ends together to seal. Place on parchment-lined or lightly greased baking sheet. If you want to apply a topping, lightly mist breadsticks with water and sprinkle on sesame seeds, poppy seeds, Italian seasoning, Salad Supreme, or grated Parmesan cheese. Cover and let rise until breadsticks are almost double in size. Bake at 400°F for 12 to 15 minutes or until golden brown.

Party Pinwheels: *Note: Careful cutting and shaping of the dough is very important.* Roll out 1 pound of dough evenly into a 10x15-inch rectangle about 1/4-inch thick. Cut the dough into 5-inch squares using a bowl scraper or pizza cutter. Cut each square diagonally from each corner to within 1/2 inch to 3/4 inch of the center. Moisten the entire surface with water by using a pastry brush or a spray bottle. Lift every other point, fold over to center, so points slightly overlap, and press down firmly. Place the pinwheels on parchment-lined or lightly greased baking sheet. Leave plain, or make an indentation in the center of the pinwheel and place a teaspoon of fruit pie filling or half a maraschino cherry in each pinwheel. You can



also use a nut half. Cover and let rise until double in size. Bake at 400°F for 12 to 15 minutes or until golden brown.

Note: To make your pinwheel look even better, after it has cooled, add another teaspoon of pie filling and drizzle on simple icing made from 1/4 cup confectioners' sugar and a little water.

Filling variation: After moistening the dough, place a portion of fruit or custard filling in the center, then continue the folding.

Holiday Angels: To make 6 angels, use 1 pound of dough. Set aside 1/4 of the dough (about 4 oz.). Roll the remaining dough into an 8x12-inch rectangle. Cut in half lengthwise, then crosswise into six sections to form 4-inch squares. Cut each square from the bottom corners diagonally to the top center. Place on parchment-lined or lightly greased baking sheet, separating the dough pieces to form the wings and body. Shape the reserved dough into 6 balls, flattening slightly. Place on the angel to form the head. Halve 6 raisins or use whole currants for eyes. Press them into the head. Cover the angels and let them rise until double in size. Bake at 375°F for 15 to 20 minutes or until golden brown.

Note: Shaping holiday angel rolls could easily become a family tradition.

Rockin' Robins: Roll a 2 oz. piece of dough into a 10-inch rope. Make a loop. Put one end of the dough through the center. The long end of the knot will be Robin's tail, the other will be his head. Place the robins on a parchment-lined or lightly greased baking sheet. With scissors, cut 4 slashes in the widest end and spread to form tail feathers. Form the other end into a ball for the head. With scissors, cut a place for the beak, and place a slivered almond into the cut. Brush with beaten egg and place currants or cloves for eyes. Cover and let dough rise for 30 to 45 minutes. Bake at 350° F for 15 to 20 minutes or until lightly browned.

Kaiser (Knot) Roll: Roll a 2 oz. piece of dough into a 12- to 14-inch rope. Tie into a square knot and make a loop. Put one end of the dough through the center. Put the other end of the dough through the center from the opposite direction. Pinch the end that is on the bottom to seal. Place the knot on a parchment-

lined or lightly greased baking sheet. If desired, brush with beaten egg and sprinkle with sesame or poppy seeds. Cover the dough and let it rise until double in size. Bake at 400° F for 15 to 17 minutes or until golden brown.

Smiling Santa: Note: *You will need 1-1/2 pounds of dough for a large Santa.* Roll out 1 pound of the dough into a tall 18-inch triangle and place on a large baking sheet sprayed with non-stick cooking spray. Fold top point over to form cap. For the trim on Santa's cap, roll out 2 oz. of dough into a 2x8-inch rectangle and lay across the upper triangle, overlapping edges. Place a small roll on the point of the cap. Place 2 smaller rolls on Santa's face for cheeks. Use a small piece of dough for the nose. Shape the rest of the dough into an 8-inch rope. Cut the rope in half and place on his face for a mustache. With a sharp knife or scissors, cut out two eyes and a mouth. To reinforce the eyes and mouth, crumple aluminum foil into small balls and place inside the eyes and mouth openings. The foil will remain in place during rising and baking. Remember to remove the foil after baking. With a knife or pizza cutter, cut beard into strips and stretch them out. Then arrange the strips at different angles. For a special effect, twist each strip so it resembles hair. Brush with beaten egg and cover with plastic wrap that has been sprayed with non-stick cooking spray. Let rise for 30 to 45 minutes. Remove plastic wrap and bake at 350°F for 20 to 25 minutes or until golden brown.

**COURTESY: Sharon Davis
Home Baking Assn.**

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

Princess Cutout Cookies

These are the best sugar cookies we have tasted! These treats remain soft and delicious when baked and do not get hard and crunchy like other sugar cookies. Just the thought of them evokes little girls dressed up in their princess costumes having a tea party and decorating cookies. Dust off your ballerina tutu and go to town!

- 2 1/2 cups all-purpose flour
- 1 cup granulated sugar
- 1 teaspoon baking powder
- 2 large eggs
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 cup (1 stick) butter, at room temperature
- 1 batch Princess Cutout Cookie Frosting (recipe follows)
- 1/4 cup vegetable shortening
- Sprinkles or other decorations

In a small bowl, whisk together the flour, baking powder, and salt. Set aside. Place the butter, shortening, and sugar in the bowl of a stand mixer fitted with the paddle attachment and beat on medium speed until creamy. Reduce the speed to low and add the eggs, one at a time. Add the vanilla. Add the flour mixture, a little at a time, and blend until smooth. Form the dough into a ball and cover tightly with plastic wrap. Chill in the refrigerator for at least 1 hour.

Preheat the oven to 400° F. Remove the dough from the refrigerator and place it on a lightly floured work surface. Roll out to about a 1/8-inch thickness. Cut with a cookie cutter dusted with flour to prevent sticking. Use a spatula to transfer the cookies to ungreased baking sheets (or line baking sheets with parchment paper if you prefer). Bake for 6 to 7 minutes, until the cookies set. Remove from the oven and cool for 1 minute. Transfer to a wire rack to let cool completely. Frost and decorate with sprinkles. Makes about 4 dozen cookies.

Princess Cutout Cookie Frosting

- 2 cups confectioners' sugar
- 1/4 cup whole milk, plus more as needed
- 1/4 tsp. vanilla or almond extract
- Food coloring (optional)

Place the confectioners' sugar in a large bowl. Slowly whisk in the milk until the frosting reaches

your desired consistency (we like it relatively thick.) Add the extract and mix well. If you want colored frosting, add food coloring 1 drop at a time to get your preferred color.

We separate the frosting into three bowls and use different food coloring in each to make these cookies more festive. We also use a small pastry brush to glaze the cookies. Let the first layer dry, and then add another for stronger color.

SUGAR MOMMAS TIPS

When baking, do not wait for the cookies to brown or they will be overdone.

Silver dragees are now illegal in many states. Get a similar look by using Wilton Pearlized Sprinkles.

COURTESY: Kimberly Reiner and Jenna Sanz-Agero
Cookbook authors

