

Creative Living

with Sheryl Borden
6500 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, “The Importance of Whole Grains in the Diet” is in Section I on page 3, whereas “Healthy School Lunches & Snacks” is in Section II on page 9.



The Importance of Whole Grains in the Diet

Fiber is an important component of a healthy diet. Experts recommend 25 to 38 grams daily, but the typical American gets only 10 to 15 grams a day. Although fruits, vegetables, beans, and nuts are good sources of fiber, recent research shows grains as the primary source of fiber is best.

Importance of Whole Grains in the Diet

- Lower rates of heart disease
- Reduced risk of gastrointestinal cancer
- Reduced diabetes risk/maintain glucose levels
- Better weight management
- Reduced belly fat

Recent research by the National Cancer Institute shows “eating fiber significantly lowers the risk of dying, particularly from cardiovascular disease and infectious and respiratory disease.” (Wall Street Journal, March, 2011). Best fiber comes from whole grains. For our purposes, whole grains can include both grains (e.g. oats) and seeds (quinoa, amaranth, brown rice, wild rice, etc.)

Definition of Whole Grains, Types, and How to Prepare

- What is a whole grain (has to have 3 parts: bran, endosperm, and germ)
- Different types of whole grains (oats, amaranth, teff, etc.)
- Preparing whole grains (cooktop, slow cooker, pressure cooker)

Wild Rice Salad

Wild rice isn't really rice at all, but the seed of a grass. It's very nutritious, hearty and chewy, and especially attractive in this dish with its citrusy flavors. You may also use quinoa, brown rice, or sorghum instead of the wild rice. To make this dish gluten-free, use a gluten-free vegetable broth such as Imagine.

- 3 cups vegetable broth
- 1 cup wild rice, rinsed 3 times and drained
- 1/2 teaspoon sea salt
- 1 cup fresh snow peas, halved diagonally
- 4 green onions, chopped
- 1/2 cup chopped dried apricots
- 1/4 cup chopped toasted walnuts
- 2 Tbsp. fresh parsley, plus extra for garnish
- 1/4 cup freshly-squeezed orange juice
- 2 Tbsp. sherry vinegar
- 2 teaspoons grated orange zest
- 1 medium garlic clove, minced
- 1/4 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1 teaspoon extra-virgin olive oil
- Lettuce for lining bowl or platter



In a large saucepan, bring the broth to a boil over high heat. Add the wild rice and salt. Return to a boil, reduce the heat to low and simmer, covered, until done, about 45 minutes. Drain any remaining liquid, then transfer the wild rice to a serving bowl. While the wild rice cooks, bring a small pan of boiling water to a boil. Add the snow peas and cook 1 minute, then drain and immerse in cold water to stop cooking. Add them to the serving bowl, along with the green onions, apricots, walnuts, and parsley. In small bowl, whisk together the orange juice, vinegar, orange zest, garlic, salt, and pepper until well blended. Whisk in the oil until slightly thickened. Drizzle it over the salad and toss to coat well. Serve on a lettuce-lined bowl or platter at room temperature, garnished with parsley. Or, chill for 4 hours, let stand at room temperature for 20 minutes, and then serve. Serves 4.

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



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
- 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 micro-wave.

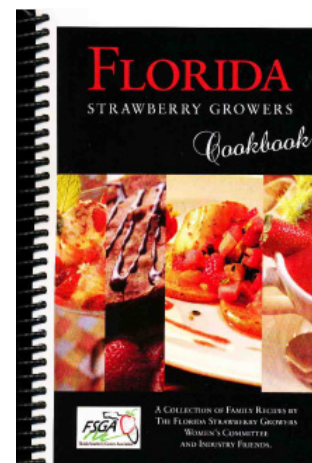


Serving Size 1 cup (4 oz.)

· 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 Serving Size 1 cup (4 oz.)

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



HOMESTYLE in a HURRY

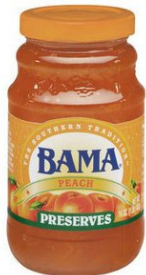
You might ask, what is “Homestyle Cooking”? Homestyle is cooking like your mother or your grandmother used to. But there are shortcuts to make it quicker and easier. We can still have those good home cooked meals without spending a day in the kitchen. The truth is most of us don’t have all day to spend in the kitchen, or we want to do other things with our time. However, it is still important to have those good home cooked meals to enjoy with our families or friends.

Eating out gets really old and expensive after awhile. Eating out less gives you more control over what you eat and what ingredients are added to your food allowing you to make healthier choices.

Don’t forget that using a slow cooker or preparing food ahead and popping it in the oven sometimes is the fastest way to cook. One dish meals, skillet dinners or stir fry are also delicious and can be ready in a jiffy.

Peachy Pork Picante

- 2 lbs. boneless pork, cut into 3/4-inch cubes
- 2 tablespoons taco seasoning mix
- 1 to 2 tablespoons oil
- 1 jar (16 ozs.) chunky picante sauce
- 2/3 cup peach preserves
- Hot cooked rice



Coat pork cubes with taco seasoning. Heat oil in a large non-stick skillet over medium-high heat; add pork and cook until brown, stirring occasionally. Add picante sauce and preserves to skillet, lower heat. Cover and simmer for 15 to 20 minutes. Serve with hot rice. Makes 8 servings.

Tater Tot Special

- 1 lb. ground beef
- 1 can (10 ozs.) cream of celery soup
- 1 cup grated Cheddar cheese
- 1 pkg. (16 ozs.) frozen tater tots, thawed



Brown ground beef in skillet. Add soup and blend. Spread mixture in a 1 1/2 quart casserole. Sprinkle with cheese; then top with tater tots. Bake in 400 degree oven for 15 to 20 minutes or until tater tots have browned and cheese has melted.



NOTE: This recipe also microwaves well. Microwave 6 to 8 minutes or until heated through.

Pickled Okra Slaw

- 1/2 cup sour cream
- 1/2 teaspoon sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 pkg. (16 ozs.) shredded coleslaw mix
- 1/2 cup sliced pickled okra
- 1 jar (4 ozs.) diced pimiento, drained.



Stir together sour cream, sugar, salt and pepper. Toss together coleslaw mix, pickled okra, diced pimiento and sour cream mixture.

Lemon Custard Cake

- 1 prepared angel food cake
- 1 pkg. (3.4 ozs.) instant lemon pudding mix
- 1 1/2 cups cold milk
- 1 cup (8 ozs.) sour cream
- 1 can (21 ozs.) cherry pie filling



Tear angel food cake into bite-size pieces. Place in a 13 x 9 x 2-inch pan. In a bowl, combine the pudding mix, milk and sour cream. Beat until thickened, about 2 minutes. Spread over cake. Spoon pie filling on top. Chill until served.

COURTESY: Connie Moyers
NM Cooperative Extension Service
www.roosevelttextension@nmsu.edu

Treats from Wilton

Wilton Wings In Watercolors Cookies

Give a butterfly cookie a painted effect. Run a toothpick through flowed-in thinned Royal or Cookie icing to create kaleidoscopic patterns. Add nonpareils or sugar pearls for an added flair

- Lemon Yellow Icing Color
- Rose Icing Color
- Royal Blue Icing Color
- Black Icing Color
- Roll-Out Cookie Dough
- Royal Icing or cookie icing
- Sugar pearls and jumbo nonpareils
- Cookie Sheet
- Comfort Grip™ Butterfly Cookie Cutter
- Tip 3
- Toothpicks

Step 1: After cookies are baked and cooled, use full-strength Royal icing/cookie icing and tip 3 to outline head and body; flow-in with thinned icing - let dry. Outline wings with tip 3. Fill-in wings with tip 3 and thinned yellow, blue, and pink color flow.

Step 2: While icing is wet, lightly drag toothpick from the center of the butterfly towards the outer edge. Next, drag toothpick from outer edge to center of butterfly in the opposite direction. Zigzag through the entire wing to complete design.

Step 3: Drop in sugar pearls or jumbo nonpareils for added texture and interest.



Nature Designs Oriental Cake

This is a single layer 8" square cake with green border and leaf accents.

Create this beautiful floral masterpiece using Nature Designs Gum Paste & Fondant Mold. From blossoms, to branches to birds, the designs come together for a fondant cake that celebrates nature's beauty.



- Pastel and natural colored fondant
- Ready-To-Use White Rolled Fondant
- Green icing color
- Cornstarch
- Buttercream icing
- Nature Fondant and Gum Paste Mold
- Dusting Pouch
- Spatula/toothpicks
- Cake Board
- 8 x 2 in. Square Pan

Step 1: Cover small lightly buttercream iced cake with fondant.

Step 2: Mold border. Mold several tree limbs, leaves and birds by pressing fondant into corn-starch-dusted molds using more than one mold. Roll with small fondant roller and carefully remove with angled spatula or toothpicks.

Step 3: Add to cake using buttercream icing.

COURTESY: Nancy Siler
Wilton Brands
www.wilton.com



Health Benefits of Raisins

The most commonly cited health benefits were that raisins are fat and cholesterol free, high in antioxidants, contain sugars of fructose and glucose for sustained energy, have significant amounts of potassium, iron and dietary fiber and were virtually sodium free.

One study shows that when raisins were consumed as a pre-meal snack instead of other popular packaged items, overall caloric intake went down. And another study shows that when raisins were consumed instead of other packaged snacks, the postprandial blood glucose went down as did the diastolic blood pressure of those tested.

Two-Grain Raisin Muffins

- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 2 cups quick-cooking oats
- 3 tablespoons baking powder
- 1 1/4 cups chopped nuts
- 2 cups California raisins
- 2 cups cooked canned sweet potatoes, drained
- 1 1/2 cups lowfat milk
- 1/2 cup vegetable oil
- 2 whole eggs
- 4 tsp. vanilla extract

Combine the flours, oats, baking powder and nuts in mixer bowl. Mix well. Process raisins and sweet potatoes with milk in blender or food processor until smooth. Add to



mixer bowl along with remaining milk, vegetable oil, eggs and vanilla. Mix until dry ingredients are just moistened. DO NOT OVER MIX. Portion batter using No.16 scoop into paper-lined muffin tins. Bake 15 to 20 minutes at 375° F. Yield: 24 muffins.

Crunchy Vegetable and Curried Chicken Salad

Bottled dressing and prewashed baby spinach make quick work of this raisin and chicken lunch.

Dressing

- 1/2 cup bottled low-calorie Russian salad dressing
- 2 tablespoons low-calorie plain yogurt
- 1 teaspoon curry powder

Salad

- 1/2 pound cooked chicken, diced
- 3/4 cup California raisins
- 1/2 cup sliced celery
- 1/2 cup chopped green pepper
- 1 package prewashed baby spinach leaves

In large bowl, blend dressing, yogurt and curry powder. Add chicken, raisins, celery and green pepper; toss to coat well. Chill. Serve on spinach-lined plates.

Notes: To make a tasty seafood salad, substitute 1 pound small to medium shrimp, cleaned, cooked and shelled for chicken.

For heartier meal, spoon mixture into avocado or tomato halves.

COURTESY: Michelle Dudash
California Raisin Marketing Board
www.loveyourraisins.com



Salads & Toppers

Most people love to have a salad as the first course of their meal. In supermarkets today, there is a tremendous refrigerated section that gives you a choice of pre-packaged salads of all types. You can also pick out your favorite greens and make your own mixture.

After you've chosen your salad mix, you can then vary your "add-ons" from a complete variety of fresh, dried or canned items. There is a large variety of salad dressings. Here too, the homemaker may choose to make her own, usually using such items as mustard, wine, vinegar and spices.

Or, you can take advantage of the new toppers that are available. Here are traditional crou- now come in variety of use tortilla strips to add punch to your



tons, which a larger flavors. Or, or wonton a little salad.



COURTESY: Connie Moyers
Western Research Kitchens
www.mrscubbisons.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.

Healthy clean food:

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.

Clean food is:

- * Organic (as much as possible), third party certified.
- * Chemical-free, low allergen and unprocessed.
- * Free of sugar and artificial sweeteners: we only use honey from a local farm.
- * Absolutely no factory farmed animal products.
- * Most of our foods are free of nutrient-poor ingredients, such as wheat, sugar, corn syrup and gluten-free mixes.

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





Healthy School Lunches & Snacks

The obesity problem among kids has created a big push for healthier school lunches and snacks. One in three children is overweight or obese.

School lunch programs include more whole grains, calcium, vitamin D and potassium. That's because the latest Dietary Guidelines say people of all ages are not getting enough — and calls them "shortfall" nutrients.

Calcium and Vitamin D

- These two are the most important for bone health
- Without vitamin D, calcium won't work
- Low fat and fat free milk are critical, and schools serve flavored as well as regular milk
- Vitamin D is hard to get because it's only in a few foods
- Salmon (fresh and canned), milk and fortified cereals are the best sources



Whole Grains

- Whole grains are a great source of fiber, vitamins and minerals
- Kids eat mostly refined grains
- Make snacks like mini muffins using whole grain flour; make granola from scratch; pop corn in the microwave and use spray flavoring
- Replace butter and other saturated fats with soft spray. Use them for cooking and for spreading
- Read labels and buy whole-grain crackers for healthier dips that include avocado and yogurt.

Potassium

- Potassium is an important mineral that helps with heart function, muscle contraction, fluid balance and many other important functions.



- All fruits and vegetables are good sources. Less than 25% of Americans consume the recommended amount of potassium
- Sweet potatoes, bananas, oranges, and dairy products are good sources (another good reason to have more milk, yogurt and cottage cheese.)

Family Dinners

When it comes to family dinners it's not just about nutrition! Research shows that families who eat together tend to communicate better, and parents know more about kids and their friends (good way to get information!) Regular family meals are also associated with higher grades, lower rates of substance abuse and depression in kids and, yes, they ate better, too.

Over 40% of the US food budget is spent on eating outside the home. Family meals are linked to healthier eating and more! Earlier this year, a university study reported that kids who routinely have family meals together are more likely to have a higher intake of fruits, vegetables, fiber, calcium, and vitamins.

Make your table a magnet for family dinners!

First and Foremost - Let's look at the non-nutritional benefits

- Research shows family meals create closer family bonds
- 74% of adolescents report they LIKE having family meals
- Kids are more likely to talk about their day; confide in parents
- Parents have the benefit of knowing what's going on

Health and Nutritional Benefits But...Make a Plan:

- Studies show kids who have regular family meals are less obese, get higher grades and are less likely to use drugs and be depressed



- Use MyPlate to plan family dinners; half the plate should always be veggies and fruit
- Use tricks to entice healthier eating: add dried fruits to salads and side dishes; add broccoli to baked macaroni
- Watch the fat: bake, broil, grill; avoid frying

Make It Easy, Make It Quick!

- Keep a running shopping list in the kitchen; get everyone involved in planning and shopping
- Use frozen poly bags of veggies to toss into soups, sauces and casseroles
- Cook ahead and keep an assortment of tight-lid containers to freeze ahead for a quick microwave meal
- YES, take-out or restaurants are fine WHEN the right foods are selected. Make this a contest to get the whole family familiar with the healthiest choices at your favorite restaurant

Make a Schedule



- If you don't, it won't happen
- Use an oversized wall calendar for everyone to check
- Make a Master Family Calendar on Google so everyone can check it on their cell phone

COURTESY: Pat Baird
Registered Dietitian
www.CountryCrock.com

NOTES