



Creative Living

with Sheryl Borden



6600 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, “Oven Dried Tomatoes & Chia Seeds for a Paleo Diet” is in Section I on page 3, whereas “Beans for Health” is in Section II on page 9, and “Sneaking Whole Grains Into Recipes” is in Section III on page 16.



Oven-Dried Tomatoes & Chia Seeds for a Paleo Diet

Steps to Drying Tomatoes

You can use grape, cherry or plum tomatoes. Wash and pat dry with paper towels and remove stems and leaves. Cut in thin slices, toss with just enough olive oil to coat (optional), and arrange on parchment paper-lined baking sheet. Sprinkle with salt, if desired. Dry at 180° F. – 200° F. in conventional oven or 180° F. in convection oven. Watch carefully to avoid burning. If using a food dehydrator, follow manufacturer's directions. When dry and shriveled, cool thoroughly on the baking sheet. Then refrigerate in clearly-labeled plastic bags for up to a month or freeze for up to 3 months. Dried tomatoes can be used as is, as a snack or in salads, soups, stews, casseroles, and sauces. They can also be soaked in hot water to reconstitute them before use.



Chia Pudding

One of the easiest ways to use chia seeds is in no-cook puddings. Eat as a dessert or as a hot breakfast cereal. You can vary this basic recipe by adding your favorite flavorings, such as cocoa, dried fruits, coconut, or whatever appeals to you. Perhaps a sprinkle of cinnamon or a dusting of slivered almonds would be good.

- 1 tablespoon chia seeds
- 1/2 cup non-dairy milk of choice (almond, coconut, or hazelnut work well, but use what you like)
- 1 1/2 teaspoons sweetener of your choice (agave nectar, maple syrup, etc. Honey hardens when added to cold food so heat it first so it blends into the pudding)
- 1/2 teaspoon vanilla or almond extract

Whisk all of the ingredients together in a screw-top glass jar and refrigerate overnight. Shake or whisk a few times during the first two hours to redistribute the seeds as they soak up the liquid. Eat as a pudding, which will have a consistency similar to tapioca pudding. If you prefer a smoother texture, grind the chia seeds in a blender before blending with the other ingredients. Heat it for a hot breakfast cereal. Makes one serving.

POWER UP! WHAT MAKES BREAKFAST THE BEST MEAL OF THE DAY

Breakfast may well be the most researched meal of the day. And the evidence is undeniable. Breakfast skippers eat more fat and less of other nutrients like vitamin D, calcium, potassium and dietary fiber. Add that to the existing research that says skipping breakfast contributes to fatigue, inability to focus, poor performance at school or work, less resistance, and it's easy to see why breakfast is so critical.

Despite the overwhelming evidence of the benefits of breakfast, 31 million Americans skip it according to a survey by the NPD Group. In addition, the latest Dietary Guidelines say that, "Skipping breakfast" is one of the "selected behaviors that lead to a greater propensity to gain weight."

The Guidelines also say "On average, Americans of all ages consume too few vegetables, fruits, high-fiber whole grains..." And, they recommend Americans "increase intakes of shortfall nutrients - vitamin D, calcium, potassium and dietary fiber." Breakfast is the ideal way to get a jump start on good nutrition!

MyPlate - which is the visual representation of the guidelines - is a great resource to plan meals.

Set Up for Success!

- most people skip breakfast because they weren't hungry, didn't feel like eating or were too busy
- weight loss is a goal for most people: breakfast eaters lose weight better and keep it off longer
- the Dietary Guidelines point out that skipping breakfast leads to weight gain
- breakfast eaters feel better, have a sharper memory, better math and reading scores, higher attendance and improved mood
- breakfast is an easy and delicious routine that sets the stage for you to do your best

What You're Missing & How to Get It:

- breakfast skippers eat more fat during the

day and tend to get less potassium, calcium, vitamin D and fiber

- the DG's call out potassium, calcium, vitamin D and fiber as "shortfall" nutrients for all Americans
- breakfast is the ideal time to get a jump start on these nutrients plus better nutrition overall
- add the power of protein for more satiety (fullness after a meal)

Use the Power of the Plate - MyPlate:

- the easier the better... it's more likely to be repeated and become permanent
- MyPlate shows at a glance how to plan all meals
- why this is so important: ensures vitamins, minerals and fiber
- milk is often the overlooked item in a meal



Sample Breakfasts:

Creamy Banana Walnut Oatmeal

- 1 cup 1% milk
- 2 packets instant oat meal
- 1/2 ripe banana, mashed
- 1/2 Tbsp. chopped walnuts

In a small bowl, combine milk and oatmeal. Microwave on high for 1 to 2 minutes until steaming hot, but not boiling. Add mashed banana and mix until creamy. Garnish with walnuts.



**COURTESY: Pat Baird
Got Milk Campaign
www.gotmilk.com**

Got Milk Campaign

Brownies

- 1 1/2 cups whole wheat flour
- 2/3 cup unsweetened cocoa powder
- 1 tsp. baking powder
- 1/4 tsp. salt
- 2 cups sugar
- 2/3 cup 1% milk
- 1 cup mashed avocado
- 1/2 cup applesauce
- 2 tsp. vanilla extract
- 1 extra large egg, lightly beaten

Preheat the oven to 350° F. Generously spray with nonstick cooking spray an 8 x 8 inch square baking pan. (To avoid using spray, line pan with parchment paper.) Sift flour, cocoa, sugar, baking powder and salt. Whisk together the avocado, applesauce, milk, vanilla and egg. Fold into the dry ingredients. Pour into pan. Bake for 30 minutes or until a toothpick inserted into the center comes out clean. Do not overbake. Allow to cool in the pan completely before cutting into 2 x 2" squares.



Dutch Baby Pancakes

Pancakes:

- 4 Tbsp. of unsalted butter, cut into pieces
- 1 lemon
- 3 eggs
- 2/3 cup 2% low fat milk
- 2/3 cup all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. pure vanilla extract
- 1/2 tsp. almond extract
- Pinch of fresh nutmeg
- 1/3 cup sugar

Blueberry Conserva:

- 1 cup water
- 1 cup sugar
- 1 pint blueberries
- 1 bay leaf
- 1/2 cinnamon stick



For pancakes, preheat oven to 400° F. In a 10-inch cast-iron or oven-proof nonstick skillet, melt butter over medium heat, set aside. In a blender, combine zest of 1/3 lemon, eggs, milk, flour, salt, vanilla, almond extract, nutmeg and sugar. Blend until frothy – about 1 minute. Pour batter into skillet, bake until pancake is puffed and lightly browned – about 20 minutes. Slice into wedges and serve with blueberry conserva.

For conserva, in a medium saucepan, mix water and sugar. Add 1/2 pint of blueberries, 1 bay leaf and 1/2 of a cinnamon stick. Bring to a simmer until thickened. Remove bay leaf and cinnamon stick. Stir in remaining blueberries and serve over pancakes.

COURTESY: Pat Baird
Got Milk Campaign
www.gotmilk.com

Treats From Wilton

Orange Kissed Chocolate Cake

- Water to prepare 2 cake mixes
- 2 Tablespoons instant coffee
- 2 packages (18 oz. ea.) Devil's food cake mix
- Eggs and oil to prepare cake mixes
- 2 Tablespoons grated orange zest

Preheat oven to 350° F. Spray 3 - 8 in. round baking pans with vegetable pan spray. In small bowl, combine water and instant coffee; stir until dissolved. In large bowl, combine cake mix, water mixture, eggs and oil with electric mixer. Continue beating on medium speed 2 minutes. Stir orange zest into batter. Equally divide batter between pans. Bake 30-35 minutes or until cake springs back when touched lightly in center. Cool in pans on cooling grid 10 minutes. Remove from pan and cool completely. Makes about 12 servings.



While cake is cooling, make chocolate curls. Melt 1 package Candy Melts with 2 Tablespoons vegetable shortening and pour into mini loaf pan. Place in refrigerator until set. If candy is not firm enough, it won't curl; if it's too firm, it will break into tiny pieces. Move curls using a spatula to a parchment-lined plate or cookie sheet; refrigerate until ready to use. Use a potato peeler to create the curls. Paint with gold pearl dust (or use silver.)



Once cake is cool, level the cake before icing it.

Stack the layers on foil-wrapped cake circle and use a spatula to ice the cake smooth with chocolate icing. Divide the remaining chocolate icing in thirds; stir in different amounts of white icing to chocolate icing to create 3 shades of chocolate.

Use varying shades of chocolate icing, alternate vertical lines of tip #18 zigzags, tip #8 dots and tip #47 lines, about 1 inch apart on cake. (See photos). Using a turntable makes this task much easier. Add tip #18 dark chocolate shell top and bottom borders. Just before serving, place chocolate curls on top of cake. Using easy to do icing dots, zigzags and lines will turn a simple chocolate cake into an extraordinary treat. Add some gold-dusted chocolate curls and this dessert is just over the top! Serves about 15.



Step 4: Decorate the



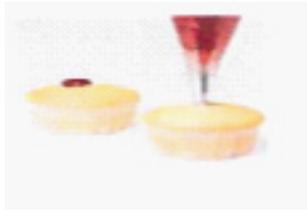
**COURTESY: Nancy Siler
Wilton Brands
www.wilton.com**

Cupcake Basics

Filling a Cupcake

Step 1:

Prepare a decorating bag with your icing filling and round decorating tip #230. Insert tip in top center of an uniced cupcake and squeeze out a small amount of filling. Or, use the Wilton Dessert Decorator, which includes a filling tip and an easy-to-control cylinder for adding just the right amount.



Step 2:

Cut open your cupcake or take a bite and find a yummy surprise!



Step 3:

For lemon meringue filling: We've made this favorite pie portable! Use your favorite lemon pie filling in a disposable decorating bag fitted with tip #230. Insert the tip in the top of cupcake and squeeze. For the top, pipe with tip #1M. Place cupcake in 375 F. oven until top is light brown.



Step 4:

For Raspberry Mousse Cupcake Filling. A great flavor match with chocolate cupcakes! Use your favorite raspberry mousse recipe in a disposable decorating bag fitting with tip #230. Insert the tip in top of cupcake and squeeze. Cover top with tip #1M swirl in raspberry mousse.



Step 5:

For Peanut Butter and Jelly Cupcake Filling. A flavor combination filled with memories. Attach tip #2A to two disposable decorating bags. Fill one bag with creamy peanut butter and one with your favorite jelly. Insert tip in top of cupcake, filling first with peanut butter, then with jelly. Cover top with tip #1A swirl in buttercream.



How to Spatula Ice a Cupcake

Step 1:

Place a dollop of icing at the center of the cupcake.



Step 2:

Spread icing across the top, pushing toward the edges. For a smooth look, run the spatula edge across the top.



Step 3:

For a fluffier look, lightly touch the iced surface with the spatula blade and lift up.



Applying #1M Swirl

Step 1:

Hold tip #1M approximately 1/2 inch above cupcake top at a 90 degree angle to cupcake surface. Squeeze out icing to form a star.



Step 2:

Without releasing pressure, raise tip slightly as you drop a line of icing around the star in a tight, complete rotation.



Step 3:

After completing the first rotation, move tip toward center and up and around to make a second spiral around the inside edge of the first spiral.



Step 4:

Release pressure to end spiral at center of cupcake.



Applying #2A Swirl

Step 1:

Hold decorating bag straight up. Pipe a mound of icing in the center of the cupcake. As the icing begins to build up, raise the tip with it, but keep the tip end buried in the icing.



Step 3:

Continue squeezing in a counterclockwise motion for four turns or until completed. Lift tip up and away to end spiral.



Step 2:

Squeeze as you move tip counterclockwise around the mound.



Snack Cakes



COURTESY: Nancy Siler
Wilton Brands
www.wilton.com