



Creative Living

with Sheryl Borden

6600 Series Foods & Nutrition Section II



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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.



BEANS FOR HEALTH

Today more and more families cook and eat at home to save money. Including beans in your diet not only saves you money, it also promotes good health!

Research links regular bean intake with the following:

- Lower blood cholesterol levels
- Lower body weight
- Higher intake of dietary fiber - both soluble and insoluble

Beans are a quick addition to many recipes. They are slow to digest and the body absorbs their energy gradually so blood sugar levels rise slowly. Beans contain fiber, phytonutrients, vitamins and minerals. *The Dietary Guidelines for Americans* recommends we include more plant-based foods such as beans in our diets. Studies show diets with adequate plant-based foods reduce your risk of the following diseases: heart disease, high blood pressure, some types of cancer and diabetes. Beans are economical, and, give double-digit returns on nutrition investment. Good news for families today.

Compared to average daily needs, one-half cup portion of beans provides the following:

20% or more of:	10% or more of:	6 to 8% of:
Fiber	Protein	Selenium
Folate	Potassium	Zinc
Manganese	Iron	
	Magnesium	
	Copper	

Bean and Olive Tapenade

- 1 can (15-oz.) kidney beans, drained, rinsed, chopped into small pieces
- 1 can (4-oz.) chopped black olives
- 1/2 cup extra virgin olive oil
- 4 Tbsp. capers, chopped
- 4 Tbsp. fresh basil, sliced into thin strips
- 1/4 tsp. ground oregano
- 2 tsp. fresh thyme leaves, chopped
- 3-4 Tbsp. red wine vinegar, or to taste
- Cayenne pepper, to taste

Mix all ingredients together and chill thoroughly. To serve, place a teaspoon of tapenade on a thin slice of toasted baguette or cracker. Makes 48 appetizers. *You can substitute white beans, black beans, pinto beans or black-eyed peas for chopped kidney beans.



Banana Bean Muffins

Make these moist muffins once and you'll always keep pureed beans in the freezer for quick baking.

- 3 egg whites
- 1/4 cup + 2 Tbsp. of SLENDA® brown sugar blend
- 1/2 teaspoon vanilla extract
- 2 large ripe bananas mashed (about 1 cup)
- 1/4 cup vegetable shortening
- 1 cup water
- 1 cup of pureed cooked white beans, no salt added
- 1 cup *each* whole wheat flour and all-purpose flour (or 2 cups all-purpose)
- 2 teaspoons baking soda
- 1/2 teaspoon ground cloves
- 1/2 teaspoon nutmeg



Preheat oven to 350° F. Mix pureed beans and mashed bananas in a bowl. Once mixture is smooth, add vegetable shortening and mix until smooth. Meanwhile, sift together flours, baking soda, cloves and nutmeg. Add to bean and banana mixture. Stir to moisten but do not over mix. In a separate bowl, whisk egg whites until soft peaks form and then fold eggs into batter. Spray muffin tins with non-stick spray or line with paper liners. Fill each muffin tin two-thirds full. Bake for 18-20 minutes or until done.

NOTE: 1 1/2 cups cooked (1 can 15-ounces) of any unseasoned white beans (navy, great northern, butter, or garbanzo) yields 1 cup mashed or pureed. Drain and rinse beans and mash by hand until smooth with a fork. Or puree in a blender or food processor; add 2-3 tablespoons of water as needed. Freeze any remaining for future use. Yields 20 muffins.

COURTESY: Jeane Wharton
U S Dry Bean Council
www.beansforhealth.com

Festive Foods

California King Salmon Salad

- 1 lb. Ca. King Salmon filets
- Olive oil spray
- 2 tsp. olive oil
- 2 tsp. fresh lemon juice
- Salt & pepper to taste
- 1 clove garlic, minced or pressed
- 1 1/2 tsp. fresh rosemary leaves minced

Spray broiler pan or grill with the cooking spray. Preheat oven broiler or grill. Mix the olive oil, lemon juice, salt, pepper, garlic and rosemary. Brush mixture on both sides of the fish. Place fish under the broiler or on the grill. Broil about 4 inches from the heat for 5 minutes per half-inch of thickness, or until fish is flaky in the middle. Cut salmon into 3-4 inch chunks.

Salad

- 6 oz. bag spring salad mix, or your favorite mix
- 1/2 red bell pepper, thinly sliced, then cut in half
- 1/4 cup mushrooms, sliced
- 1/2 cup cherry or grape tomatoes, halved
- 1 cup Mrs. Cubbison's Kitchen Tuscan Herb Focaccia Croutons or Basil Pesto Panini Croutons
- Vinaigrette or your favorite salad dressing to taste

In a big bowl, add salad mix, red bell peppers, mushrooms and tomatoes. Top with salmon chunks and croutons. Toss with your favorite dressing, or serve dressing on the side. (This salad is just as good with cold salmon as it is with hot.)

Baked Honey Mustard Chicken

- 6 chicken breast halves
- 1/2 cup mustard
- 1/2 cup honey
- 1 tsp. dried basil
- 1 tsp. dried parsley
- 1 tsp. paprika (optional)

Place chicken pieces in a lightly greased 9x13-inch casserole dish. Combine the remaining ingredients; mix well and pour half of the mixture over the chicken, brushing to cover. Bake for 30 minutes in a preheated 350° F. oven. Turn chicken pieces over and brush with the remaining half of the honey mustard mixture. Bake for 10 to 15 more minutes.

COURTESY: Connie Moyers
Western Research Kitchens
www.watermelon.com
www.calkingsalmon.org
www.morehousefoods.com
www.mrscubbisons.com

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.

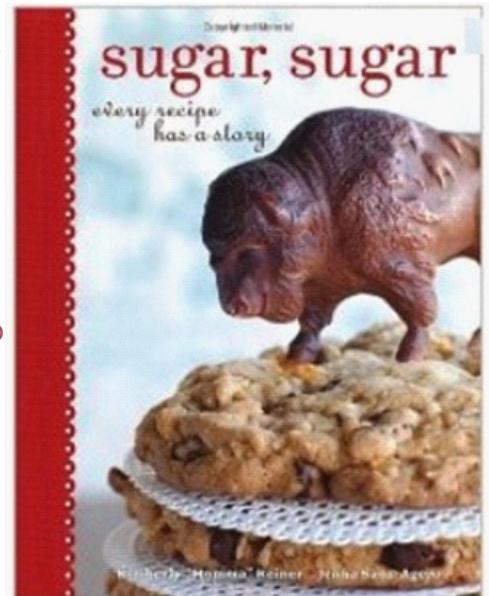
We separate the frosting into three bowls and use different food coloring in

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
www.sugarsugarrecipes.com

FREEKEH FOODS



Freekeh? What is that?

So glad you asked! Freekeh is a process which means “to rub” in Arabic. Freekeh was created by accident nearly 2,000 years ago when a Middle Eastern village was attacked and their crop of young green wheat was set ablaze. Most folks would sulk over their misfortune, but the crafty villagers rubbed off the chaff, cooked it up and “Eureka!” Freekeh was created. We’re proud to offer you this tasty, nutritious ancient grain with a funny name.

Freekeh Jambalaya

- 1 pkg. (6 links) chipotle or andouille sausage, diced and browned
- 2-3 large sweet peppers, diced
- 1 large onion, diced
- 10 garlic cloves, diced
- 1 14.5-oz. can diced fire roasted tomatoes (including liquid)
- 1 8-oz. pkg. cracked freekeh (1 cup) (use any variety of freekeh)
- 2 1/2 cups vegetable broth
- 4 Tbsp. olive oil or grape seed oil
- 1/4 tsp. cayenne pepper
- 1 Tbsp. Cholula Hot Sauce® or any kind of hot sauce you enjoy
- 1/4 tsp. paprika
- 1/4 tsp. cumin
- 1 Tbsp. chili powder
- 1/4 tsp. celery seeds
- 10-12 large shrimp, peeled, deveined and rinsed salt and pepper to taste
garnish with diced cilantro or parsley

In a large skillet, heat oil over medium heat. Add diced sausage and brown, making sure it’s cooked through. Remove sausage from heat and set aside. In same skillet, add a little more oil, toss in peppers, onion, garlic and spices and cook on medium heat for about 5 minutes, or until onions are translucent. Add uncooked freekeh, canned tomatoes and broth to the skillet and stir. Re-



duce heat to low and add sausage back into skillet. Cover and simmer for 15-20 minutes. After about 20 minutes, stir, add raw shrimp to the skillet and cover. Cook another 5-7 minutes. Add a little more water, if necessary. Once the shrimp is pink and firm and all the liquid in the skillet has been absorbed, the dish is complete. Serve with fresh squeezed lemon or lime juice and diced cilantro. Serves 6.

Lemon chicken

- 1 8-ounce package cracked freekeh (1 cup) (Original or Tamari Freekeh work well)
- 2-3 tablespoons olive oil
- 1 medium onion, diced
- 2-3 cups carrots diced
- 4-6 garlic cloves, diced
- 4 tablespoons Earth Balance® or butter
- 2 1/2 cups chicken broth
- 3-4 chicken breasts, whole, skinless, boneless
- 1 bunch fresh dill (about 1 cup), chopped
juice of 2 lemons or about 4 tablespoons
fresh cracked pepper and salt to taste

In a large skillet, heat up olive oil over medium heat. Toss in carrots, onions and garlic and cook for about 5 minutes or until the onions are translucent. Add Earth Balance® or butter to skillet and add in uncooked freekeh. Stir to coat freekeh. Add chicken broth. Place chicken in the liquid with the freekeh and vegetables. Top with the dill and the juice of one lemon. Cover and reduce heat to low. Cook for an additional 20-30 minutes or until the chicken is done. Add a little dill and cracked pepper, plus the rest of the lemon juice and serve. For extra bite, add whole green peppercorns during cooking. Serves 4.



COURTESY: Bonnie Matthews
Freekeh Foods
www.freekeh-foods.com

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

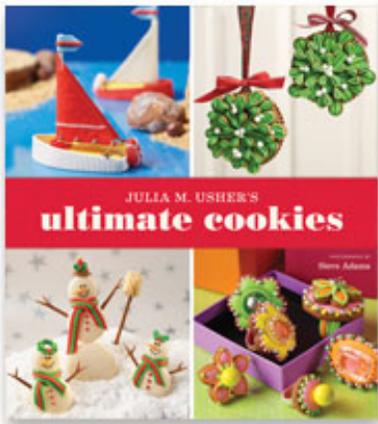


- 1 small serrano or jalapeno chile, minced (with seeds for maximum heat)
- 2 scallions (both white and green parts), minced
- 2 carrots, peeled & diced
- 2 tablespoons chopped fresh cilantro leaves
- Freshly ground black pepper

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 cups 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
TexasSweet Citrus Marketing, Inc.
www.texasweet.com





Stenciling Cookies

Though I'd categorize this technique as later-stage "icing on the cookie" to master after top-coating, outlining and flooding, it is by no means a difficult technique. In fact, along with marbling, wafer-papering and rubber-stamping, it's one of the easiest ways to add eye-catching detail to cookies even if artistic ability isn't your strong suit. If you can stencil paint on a wall, then I guarantee you can stencil icing on a cookie!

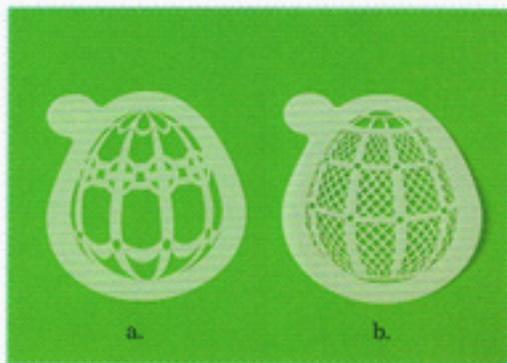
Either naked or top-coated cookies can be stenciled, though I generally prefer to use top-coated cookies because they're flatter (and tastier). Before you stencil, make sure to dry top coats completely, ideally overnight. Stenciling requires application of pressure to the cookie tops, which can crack or dent partially dried icing. Success hereafter depends on three factors: (1) choosing the right stencil, (2) mixing the Royal Icing to the right consistency (as always), and (3) having a steady, even hand.

On the first point, it's best to choose a stencil that lies very flat across the cookie and fits the top coat with some room (at least 1/4 inch) to spare. If your stencil is too large, it can lift off the edge of the top coat and allow the stenciling icing to sneak underneath into areas it shouldn't be. I also urge beginners to start with an easy stencil, meaning one that isn't very intricate and whose openings aren't too closely spaced.

When the openings are closer than about 1/8 inch, it becomes more important to mix the stenciling icing to just the right consistency. If too loose, the icing in one opening will run into the next, resulting in a blurry pattern.

As for stenciling icing, start by tinting thick Royal Icing (Generally, a color that contrasts the top coat color works best.) Then thin the icing to stenciling consistency, a consistency thicker than top-coating consistency and looser than outlining consistency. However, if you find your icing leaving too many tracks, thin it with a bit of water. Conversely, if it flows too freely, especially under intricate stencils, thicken it with powdered sugar.

Lastly, try your hardest not to move the stencil while applying the icing. Even small movements can result in a smudged pattern. Here are some more tips for getting sharp results:



Beginner vs. Advanced Stencil. (a) Beginner stencil, with relatively large openings and distance between openings. (b) Advanced stencil, with smaller more closely spaced openings.

(a) Lay the stencil where you want the design to appear on the cookie. To keep the stencil from moving, hold it firmly in place on the cookie top with a finger or two, or with the tip of a metal trussing needle or toothpick if there's limited holding room on the stencil, as shown here.



(b) Use a small offset spatula to spread the stenciling icing over the openings in the stencil. To minimize track marks, use as few strokes as possible and avoid lifting the spatula in the middle of the pattern.



(c) Once the pattern is filled with icing, carefully lift off the stencil to reveal the finished pattern. Wipe off the underside of the stencil before placing on the next cookie. For the sharpest patterns, wash and thor-



Royal Icing

AKA “Glue” with consistency adjustments

I’ve said it before and I’ll say it again: Royal icing is – by far – my favorite cookie decorating medium! Even if I intend to use a relatively loose Royal Icing, I always start by mixing the icing to a very thick consistency. When mixed thick, the icing ends up with fewer air bubbles and holds coloring better with less mottling. Also, the thicker the icing, the faster it dries, which makes this thick formulation ideal for securing decorations to cookie tops and sticking together compound cookies or larger 3-D structures. In short, it acts like “glue,” and that’s how I refer to it throughout my book. Most other decorating techniques require looser icing, which is easily achieved by thinning thick icing with water.

Makes about 2 pounds 4 ounces or 4 1/2 to 5-plus cups: yield will vary with egg size, egg temperature, and beating time.

- 2 lb. powdered sugar
 - 1/2 tsp. cream of tartar
 - 5 large egg whites, cold (about 11 to 12 Tbsp. pasteurized whites)
- Flavoring(s) of your choice, to taste. (**NOTE:** Don’t skimp on the flavoring or the icing can taste chalky.)
Soft-gel food coloring of your choice (optional)

Prep Talk: If tinted, the icing is best used the day it’s mixed. Otherwise, the icing can be made 1 to 2 days ahead and stored in the fridge. When ready to use, bring the icing to room temperature, stir vigorously to restore its original consistency (especially if any separation has occurred), and tint as desired. Once applied to cookies, the icing should remain at room temperature so it sets into a crunchy candy-like coating. Unless you’re using the icing, always cover the surface flush with plastic wrap to prevent a crust from quickly forming.

1. Combine the powdered sugar and cream of tartar in the bowl of an electric mixer. Mix in the egg whites by hand to moisten the sugar.

2. Fit the electric mixer with a whip attachment. To avoid a flurry of powdered sugar, beat the mixture on low speed until the egg whites are evenly incorporated. Scrape down the sides of the bowl; then turn the mixer to its highest speed and continue to beat about 2 to 3 minutes. (The icing will lighten and thicken as you beat it.) However, avoid beating too long; you’ll introduce excess air bubbles, which are tough to remove and interfere with smooth top-coating. When done, the icing should be bright white, glossy, and very thick - and at what I call “glue” consistency. At this consistency, the icing will cling to a spoon (held upside down) indefinitely without falling off.



3. Beat in flavoring(s) and/or coloring, as desired. Mix well before using or store, covered flush with plastic wrap.

COURTESY: Julia Usher
Author & Pastry Chef
www.juliausher.com