



Creative Living

with Sheryl Borden

6600 Series
Foods & Nutrition
Section III



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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.

Sneaking Whole Grains Into Recipes

It is simple to “sneak” whole grains into your favorite recipes. Whole grain means the “whole” kernel/berry of grain. The kernels are very tiny, but the kernel of wheat is a storehouse of nutrients needed and used by man since the dawn of civilization. A wheat kernel is made up of 3 parts: Bran - the outer layers; included in whole wheat flour; Germ - a healthy germ (source of Vitamin E & other essential minerals); sprouting section of the seed; and Endosperm - largest part of the kernel; source of white flour.



Why are whole grains good for you?

Whole grains supply key nutrients such as B vitamins, trace minerals and fiber. They are naturally low in fat and a good source of complex carbohydrates for energy. They may reduce the risk of serious diseases and may protect against heart disease and some forms of cancer and lower blood pressure. Whole grains can help maintain a healthy weight and provide a good source of dietary fiber - important for digestive health. Guest, Cindy Falk suggests that at least half of our grains should be whole grains. She suggests sneaking whole grains into our favorite recipes by adding White Wheat, which is a bread wheat and is lighter in color than traditional red wheat. It contains the same nutrition levels but with a milder, sweeter taste. For those who don't have a “taste” for traditional whole wheat products, the white whole wheat products may be a good option.

WALDORF WHEAT SALAD

- 1/4 cup uncooked wheat kernels
- 1 1/4 cups water
- 1 tablespoon granulated sugar
- 1/4 teaspoon ground cinnamon
- 2 tablespoons low-fat mayonnaise
- 1 (6-oz) container plain or vanilla nonfat yogurt
- 1/4 teaspoon vanilla extract
- 1/2 cup thinly sliced celery
- 2 medium apples, cored, chopped
- 1/2 cup halved red or green grapes
- 1/4 cup chopped English walnuts

To cook wheat kernels: place kernels and water in a slow cooker. Cover and cook on LOW overnight or until kernels are tender; drain. In serving bowl, stir together



drained wheat kernels, sugar, cinnamon, mayonnaise, yogurt, vanilla, and celery. Cover; chill until ready to serve. Just before serving, stir in apples, grapes and walnuts. Makes 5 cups or 10 servings.

THREE GRAIN PILAF

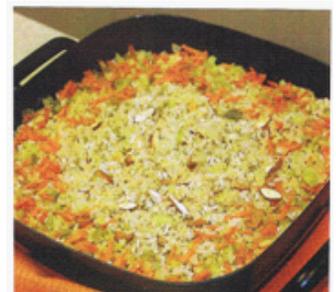
- 1 tablespoon vegetable oil
- 1 cup uncooked bulgur wheat
- 1/2 cup uncooked long-grain white rice, dry
- 1/2 cup uncooked pearled barley
- 2 beef or chicken bouillon cubes or 2 tablespoons dry bouillon granules
- 4 cups hot water
- 1/2 cup coarsely grated carrots
- 1/2 cup chopped onion 1/2 cup sliced almonds, toasted (optional)

Add oil to wok or skillet and heat on medium-high. Add grains and sauté 7 minutes, stirring occasionally.

Dissolve bouillon in hot water and stir into grains; add vegetables. Cover; reduce heat and simmer 25 to 30 minutes. Stir occasionally until liquid is absorbed and grains are tender. Remove from heat, let stand 5 minutes and fluff with fork. Garnish with almonds.

Note: Do not substitute instant or brown rice.

Variations: Season with black pepper or herbs. Add other vegetables, such as chopped green pepper, red pepper, celery, beans, or broccoli.



QUICK WHOLE WHEAT PIZZA

Dough

- 2 cups whole wheat flour
- 1 package RED STAR® QUICK-RISE Yeast
- 3/4 teaspoon salt
- 1 cup hot water (120-130° F.)
- 1 tablespoon vegetable oil
- 1 tablespoon honey or granulated sugar

Sauce

- 1 (15-ounce) can tomato sauce
- 1 teaspoon instant minced onion
- 1/2 teaspoon oregano leaves
- 1/4 teaspoon basil
- 1/4 teaspoon garlic powder
- 1/2 teaspoon black pepper

Toppings:

Favorite pizza toppings

To prepare pizza dough, stir whole wheat flour; lightly spoon into a measuring cup and level flour. In large mixing bowl, combine whole wheat flour, yeast, and salt. Blend in water, oil, and honey or sugar. Stir by hand



vigorously until all ingredients are well mixed; about 3 minutes. Cover with plastic wrap and let rise 15 minutes. Place dough in greased 15 x 10 x 1-inch baking pan or 12 to 14-inch pizza pan. Press dough to cover bottom of pan and up sides to form a rim. In small bowl, mix together tomato sauce, minced onion, oregano, basil, garlic powder, and black pepper. Spread sauce evenly on dough. Top with your favorite pizza toppings. Bake in preheated 425° F oven 15 to 20 minutes or until crust is golden brown and toppings are done. Makes 8 servings.

WHOLE WHEAT SUGAR COOKIES

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg

- 1/2 cup butter or margarine
- 1 cup granulated sugar
- 1 egg
- 1 tablespoon grated orange peel
- 1 teaspoon vanilla extract
- 2 tablespoons low-fat milk topping
- 1/2 teaspoon ground cinnamon
- 2 tablespoons granulated sugar

Preheat oven to 375° F. In small bowl, stir together whole wheat flour, baking powder, baking soda, salt, and nutmeg. Set aside. In a large mixing bowl, beat butter or margarine with an electric mixer on medium speed for 1 minute. Add the sugar; beat mixture until combined. Stir in egg, orange peel, and vanilla; beat mixture until well combined. Stir in the flour mixture and milk just until combined. Shape into 1-inch balls and place on ungreased cookie sheet 2 inches apart. Flatten slightly with bottom of a glass dipped in topping mixture. Bake cookies 8 to 10 minutes, or until golden. Transfer cookies to a wire rack to cool. Makes about 36 cookies.



Pearled Barley



Long-Grain White Rice



Bulgur Wheat

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Go-To Recipes From Butterball

Turkey Smoked Sausage & 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. Pre-heat 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 Foil Wrap-Up

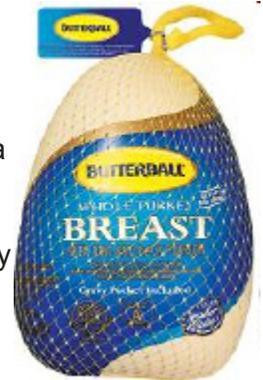
- 1 package Butterball® Smoked Turkey Dinner Sausage, cut into 1" pieces
- 1 medium zucchini, sliced 1/2" thick
- 1 medium yellow squash, sliced 1/2" thick
- 1 large onion, cut into chunks
- 1 medium red bell pepper, cut into 1" pieces
- 1/4 cup apple juice
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon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



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 per-

ferations 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.

Turkey Sausage Breakfast Taco

- 1 6-inch flour tortilla
- 2 Butterball® Fully Cooked Breakfast Sausage Patties
- 1 egg
- 1 Tbsp. shredded Cheddar cheese
- 1 Tbsp. salsa, optional

Place tortilla on a microwave-safe plate and cover with plastic wrap. Set aside. Warm the sausages in microwave according to package directions. Crumble or cut into pieces, if desired. Scramble the egg over medium heat and season to taste. Heat the tortilla in microwave 5 to 8 seconds. Place sausage in center of warm tortilla and top with scrambled egg, cheese and salsa. Roll and serve. Yields 1 serving.

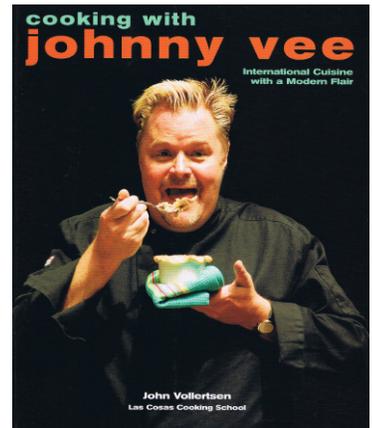
Pumpkin Black Bean Turkey Chili

- 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 oz. 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.

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Recipes from Chef Johnny Vee



Beer Batter Artichoke Fritters

- 24 frozen or canned artichoke hearts
- 3/4 cup flour + 1/4 cup
- 1/4 cup corn starch
- 1 cup beer, any brand, preferably not a dark beer
- 1/2 teaspoon kosher salt
- 1/4 teaspoon toasted and ground cumin seed
- 1/4 teaspoon cayenne
- 2 lemons cut into wedges
- 3 cups vegetable oil

Combine 3/4 cup flour and corn starch in medium bowl. Stir in salt, cumin and cayenne. Measure beer into tilted measuring cup and insure that you have 1 cup liquid. Stir in beer and foam and whisk batter until smooth. Allow batter to rest for 20 minutes



before using. If a thinner batter is desired, add a small amount of more beer. Lightly season artichoke hearts with salt and pepper. Heat the oil to 350° F in a wok or deep skillet. Dust artichokes with remaining flour and then dip into batter and allow to drain briefly. Working in batches, fry fritters until golden brown. Using a slotted spoon drain fritters and scatter on paper towels, lightly salt. Serve warm with lemon wedges and Horseradish Dipping sauce. Serves 4 as an appetizer.

Horseradish Dipping Sauce

- 1/2 cup sour cream
- 2 Tbsp. freshly grated horseradish root, or 2 tsp. prepared horseradish
- 1 teaspoon fresh squeezed lime juice
- pinch of salt
- freshly ground pepper

Combine all ingredients in medium mixing bowl. Cover and chill.

Artichoke Ravioli with Lemon & Parmesan Cream Sauce

- 1 recipe pasta dough, see below or wonton wrappers
- 1 tablespoon olive oil
- 1 cup artichoke hearts, diced (fresh, canned or frozen)
- 2 garlic cloves, minced
- 1 cup whole milk ricotta cheese, drained
- 1/4 cup grated Parmigiano Reggiano cheese
- 1/4 cup minced parsley
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 egg, beaten

For the filling: Heat olive oil in medium saucepan and sauté artichoke hearts and garlic until slightly browned. Place artichokes in medium bowl and add ricotta, parmesan, parsley, salt and pepper. Mix to combine.

Pasta Dough

- 2 cups all-purpose flour
- 3 extra large eggs

Place flour in a food processor fitted with metal blade. Mix eggs together in small bowl and add to flour and all at once pulse-mix the dough until it forms a ball. Remove dough from bowl, knead briefly and wrap in plastic wrap and allow to rest for 15 minutes.



Lemon & Parmesan Cream Sauce

- 2 cups heavy cream
- 4 garlic cloves, minced
- 1/4 cup vermouth
- 2 teaspoons lemon zest
- 1/2 cup grated Parmigiano Reggiano cheese
- Pinch of ground nutmeg
- Kosher salt and fresh ground pepper to taste



Place cream and garlic in medium saucepan and bring to a boil. Reduce to simmer and allow to cook until cream has reduced to 1 cup. Whisk in vermouth, lemon zest, cheese and nutmeg and cook until sauce has thickened and cheese has melted. Season with

salt and pepper. To finish: Divide pasta dough into 4 portions and wrap the unused portions in plastic wrap to prevent drying. Using a pasta machine, roll dough into long sheets with the thinnest setting possible without the dough tearing. Cut 2-inch circles of dough and place one teaspoon of artichoke/ricotta filling in center of dough. Brush perimeter of ravioli with egg wash and place another circle of dough over filling. Pinch tightly to seal seam. Place on flour dusted sheet until ready to cook. Repeat until all the dough has been filled. Cook ravioli in gently boiling salted water until tender, about 5 minutes. Drain and toss in sauce. Serve immediately on warm plates. Serves 6.

Lime Chicken Fajitas

The use of a meat tenderizer insures that the flavors of the garlic and lime permeate the chicken and tenderize it. Always grill your fajita meat in whole pieces and then slice it to prevent drying out on the grill.

- 3 pounds, boneless, skinless chicken breasts
- 6 garlic cloves, chopped
- Juice of 3 limes
- 1 teaspoon kosher salt
- 1 teaspoon fresh ground pepper

Rinse the chicken under cold water and dry with paper towels. Trim the breasts of all fat and connective tissue. Use a meat tenderizer to puncture small holes into the chicken flesh. In a small bowl, combine garlic and lime juice. Season breasts with salt and pepper and place in a large shallow glass or porcelain dish. Pour garlic/lime mixture over chicken; turn breasts once to cover both sides of meat with marinade. Cover with plastic wrap and refrigerate for one hour prior to grilling. Prepare the grill. Drain the breasts and place over hot heat source. Grill chicken 4 minutes on each side or until meat is cooked completely through. Remove from heat and slice in 1/2 inch slices across the grain of the meat. Chicken may be held in a 150° F. oven, covered with aluminum foil for up to one hour. Serve hot with fajita fixins. Serves 8.

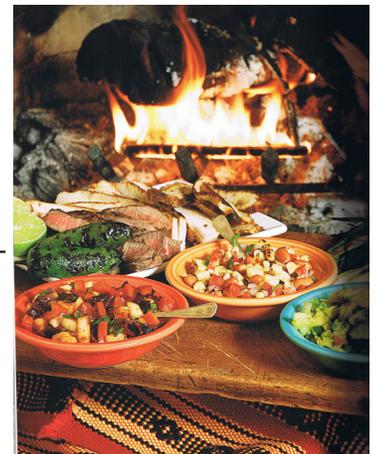
Pico de Gallo

This smoky, fiery salsa is the traditional accompaniment for fajitas. From the Spanish “beak of the rooster” this zippy salsa will have you crowing like a rooster from the first bite.

- 3 large chipotle chiles, softened in 1/4 cup hot water and chopped, water reserved
- 1 medium onion, finely chopped
- 1 large Roma tomato, chopped
- 2 garlic cloves, minced
- 3 tablespoons fresh cilantro, rough chopped
- 1/2 teaspoon kosher salt
- 2 tablespoons fresh squeezed limejuice
- 2 tablespoons red wine vinegar

Place all of the ingredients in a medium glass bowl. Mix well to combine. Add a small splash of the reserved chipotle water and let salsa marinate for 1 hour to allow flavors to blend. Refrigerate and serve chilled.

Chef Chat - Chipotles are ripened, smoked and dried jalapenos. You may also find Chipotles en Adobo in the Mexican ingredient aisle of your supermarket. The dried chiles are placed in tomato paste and canned. The chiles soften and flavor the tomato paste as well. To use canned variety, take three chipotles and scrape off as much of the paste as possible and chop chiles. Add to salsa, be careful because canned chipotles tend to be hotter than the dried.



Fajita Fixins

I think it's much more interesting to offer a variety of grilled meats on your fajita platter. You should plan on 3 ounces of each meat, per person, if you are offering a choice of three meats (i.e. chicken, beef and pork) or 4 ounces of each meat, per person, if you are offering two choices. If vegetarians are in the group I include grilled zucchini and yellow squash on the pepper and onion plate to fill out their fajitas. Pick up a variety of ethnic hot sauces and surround your fajita platter with the colorful bottles. Serves 8.

Homemade flour or corn tortillas, warmed briefly on the grill - plan on 2-3 per person
 Great Guacamole - 2 cups
 Pico de Gallo - 1 cup
 Grilled corn and Pinto Bean Salsa — 1 cup
 Sour cream- 1 cup
 Fresh cilantro leaves- 1/2 cup
 3 limes cut into wedges
 Assorted hot sauces
 Grated sharp Cheddar cheese - 2 cups
 16 grilled scallions, root end and one inch of top removed
 Seared red bell pepper strips* - 2 cups
 Seared yellow bell pepper strips* - 2 cups
 Seared red onion slices*- 2 cups

Cut up peppers and onions and have them ready to sizzle in the skillet. Send the scallions and tortillas out to the grill master with directions to pop them on the grill just before your guests are ready to assemble around the buffet. Heat up a large frying pan until very hot and toss sliced peppers and onions into the pan. Stirring constantly, this allows the veggies to brown by keeping them moving in the hot pan. Remove from pan and sprinkle with a few pinches of kosher salt. Sear the peppers and onions as you are slicing the meat. Top the grilled meat platter with the grilled scallions and some fresh cilantro.

*Restaurant fajitas are always served with peppers and onions swimming in oil and sizzling on the platter. The extra oil coats your tongue and prevents you from enjoying the natural sweet flavor of the peppers and onions. Serve on the platter with the grilled meats.

Great Guacamole

The buttery rich flavor of avocados and the natural health benefits from eating them, make this recipe a must to have on hand. Full of vitamin E, potassium, magnesium, fiber and those heart-healthy monounsaturated fats, everything about avocados is great. Hence the name great guacamole.

2 ripe Haas avocados
 2 teaspoons fresh lime juice
 1/2 teaspoon kosher salt
 2 garlic cloves, minced
 1 Roma tomato, finely diced
 1/4 cup onion, finely chopped
 1 large jalapeno, minced

2 scallions, finely chopped white and green parts
 3 tablespoons fresh cilantro, stemmed and chopped

Halve and pit avocados. Scoop out flesh into medium bowl. Using two dinner knives, cross cut avocados into small 1/2 inch pieces. Add lime juice, salt, and garlic and mix slightly. Fold in tomato, onion, scallions, jalapeno and cilantro. Cover guacamole with plastic wrap that has been pressed right onto the surface of the avocado and refrigerate. This will keep it from browning for up to three days. Makes 2 cups.

Homemade Flour Tortillas

3 cups flour
 1 cup whole wheat flour
 2 tsp. baking powder
 1 teaspoon salt
 1 teaspoon sugar
 1/4 cup lard, chilled or non-saturated fat vegetable shortening
 1 1/2 cups warm (not hot) water



Mix dry ingredients in a medium bowl. Break up lard or shortening into small pieces with your fingers and rub it into the flour mixture, combining until it resembles coarse meal. Add the water, a little at a time, until a soft and manageable dough forms. Knead for 3 minutes and allow dough to rest, covered for 20 minutes. Divide dough into 12-golfball size balls. Roll out each ball on a well floured board to create an 8" by 1/8" thick circle. Cook each tortilla on a lightly oiled griddle, adding a small amount of oil each time, for 1-2 minutes on each side, or until small browned spots appear. Cover and keep tortillas warm until service. To freeze, separate each cooled tortilla with waxed paper and place in a large zip lock bag. Makes 12- 8 inch tortillas.

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