



6700 Series
Foods & Nutrition
Section I



Creative Living with Sheryl Borden
6700 Series



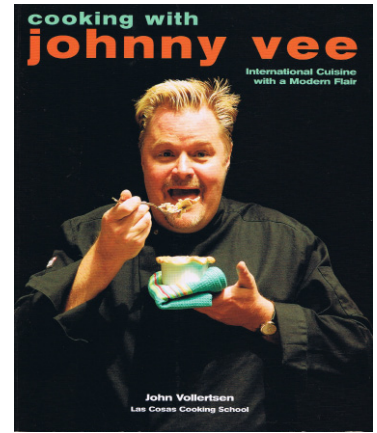
Table of Contents

Foods & Nutrition

Recipes from Chef Johnny Vee	I-3
Preserving Fresh Herbs.....	I-5
Treats From Wilton	I-6
G-Free Foodie	I-8
2010 Dietary Guidelines	I-9
California King Salmon	I-10
California Figs.....	I-11
Beans for Health.....	I-13
Momma Reiner’s Homemade Marshmallows.....	II-14
Freekeh Foods	II-15
TexaSweat Recipes	II-17
The Aromatic Kitchen	II-18
Healthy School Lunches & Snacks.....	II-18
Enjoy Turkey Year ‘Round	II-20
Guests	II-22

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, “Recipes from Chef Johnny Vee” is in Section I on page 3, whereas “Momma Reiner’s Homemade Marshmallows” is in Section II on page 14.

Recipes from Chef Johnny Vee



Crêpes Suzette

- 1 cup all-purpose flour
- pinch of salt
- 1/4 cup sugar **plus** 1 Tbsp. sugar
- 1 1/4 cups milk
- 3 egg yolks
- 2 Tbsp. unsalted butter melted and cooled **plus** 1/2 tsp. more for sautéing crêpes
- 1 tsp. grated lemon zest
- 1 Tbsp. grated orange zest
- 1/2 cup fresh orange juice
- 2 Tbsp. orange liqueur
- powdered sugar
- whipped cream, optional

Combine flour, salt, 1 tablespoon sugar and milk in a medium bowl and whisk until smooth. Beat in the yolks, melted butter, and lemon zest. Cover and refrigerate for one hour.

Heat a 6-inch crêpe pan over medium heat. Add 1/2 teaspoon butter to pan and swirl it around to cover surface. Ladle 1/4 cup of batter over pan and swirl to cover bottom of pan. Cook for about 1 minute or until surface of batter looks dry. Gently flip crêpe and cook 15 to 20 seconds longer. Do not allow crêpe to get browned or crispy. Slide crêpe out of pan and repeat process until you have used all the batter.

Fold the finished crêpes into quarters. Combine remaining 2 tablespoons of butter in a medium skillet and stir in 1/4 cup sugar. Add the orange juice and zest and sauté until sauce starts to thicken. Quickly turn the folded crêpes into the sauce and slide them around to cover with sauce. Finish the sauce by adding the liqueur, letting it warm and igniting it. Pour the sauce over the crêpes on warm plates. Dust with powdered sugar and serve with whipped cream if desired. Serves 4 to 6.



Spinach Crepes Mornay

- 8 crepes (1 cup flour **plus** 1 cup milk **plus** 1 egg)
- 6 Tbsp. flour
- 6 Tbsp. butter
- 3 cups milk
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. ground nutmeg
- 1 cup grated Swiss cheese
- 2 Tbsp. butter
- 6 green onions, chopped
- 2 Tbsp. parsley, chopped
- 2 cups shredded spinach
- 3/4 tsp. salt
- 3 oz. grated Parmesan cheese

Melt 2 tablespoons butter in a large skillet. Add chopped green onions and parsley, sauté till tender. Mix in shredded spinach and salt. Set aside. Make bechamel sauce using first 6 ingredients, add cheese to melt. Mix one cup of sauce in spinach to bind. Fill crepes with spinach mixture, pour the remaining sauce over them, top with Parmesan and bake at 350° F. for 30 minutes til bubbly. Serves 4.

Classic Caesar Salad with Toasted Garlic Croutons

- 1 egg yolk
- 1 Tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 2 lg. garlic cloves, peeled and roughly chopped
- 3 Tbsp. olive oil
- 6 anchovies, minced or to taste
- Juice of 2 lemons
- 1 head romaine lettuce
- 1 tsp. salt
- 1 tsp. freshly ground pepper
- 1/2 cup shaved Parmigiano-Reggiano cheese
- 3/4 cup Toasted Garlic Croutons (recipe follows)
- Additional anchovies for garnish (optional)

In a large bowl, whisk egg yolk, mustard and Worcestershire sauce together. Add garlic, olive oil, anchovies, and lemon juice; mix well. Separate lettuce leaves, wash, and pat or spin dry. Tear leaves into bite-size pieces. Toss lettuce in bowl with dressing and season with salt and pepper. Divide salad on chilled serving plates and garnish with shaved cheese and croutons. Top with additional whole anchovies if desired.

Toasted Garlic Croutons

- 1/2 loaf (1 pound) baguette
- 2 Tbsp. butter
- 1 Tbsp. olive oil
- 2 garlic cloves, minced
- 1/4 tsp. salt
- Freshly ground black pepper

Tear bread into bite-size pieces approximately 1/2 x 1/2-inch. Melt butter in large saute pan and add olive oil and garlic. Over medium heat, saute the garlic until it just starts to brown; add bread pieces immediately. Saute until the croutons start to brown. Season with salt and pepper and place on a baking sheet. Bake in a 350° F oven until croutons are crisp, about 10 minutes. Croutons may be stored in an airtight container for 3 days, but allow them to cool completely before covering.



Garlic & Shrimp Tapas

- 1/2 cup Spanish olive oil
- 8 garlic cloves, sliced thin*
- 1 pound small shrimp (size 36-45), peeled
- 1 tsp. crushed red pepper flakes
- pinch of kosher salt
- 2 Tbsp. chopped parsley
- 1 lime, cut into wedges
- 1 pound loaf crusty bread, toasted in oven

Heat olive oil in medium saucepan over medium heat until very hot but not smoking. Add garlic slices and allow to sizzle for one minute. Add shrimp, red pepper flakes, salt and parsley. Stir once, allow shrimp to turn pink and pour into a heated oven-proof dish. Serve immediately, garnished with lime wedges and with crusty bread. Serves 4 as appetizer.

Overnight Buttermilk Waffles

- 2 cups flour
- 1 tsp. sugar
- 1/2 tsp. salt
- 1/2 tsp. dry yeast
- 2 1/4 cups buttermilk
- 1 stick butter, melted and cooled to room temp.
- 2 eggs
- Vegetable oil for the waffle iron

The night before making the waffles combine the dry ingredients in a medium bowl. Stir in the buttermilk and melted butter, mix well. Cover with plastic wrap and leave at room temperature overnight or up to 12 hours. To cook waffles, heat waffle iron and brush with vegetable oil. Separate eggs and stir the yolks into the batter. Whip the whites to soft peaks and gently fold into the batter. Pour a ladle of the batter onto the waffle iron and close lid, cooking for 3-5 minutes depending on waffle iron instructions. Serve waffles hot. Serves 4-6.



Creamy Smoked Shrimp Sauce

- 2 cups medium shrimp, unpeeled, about 1/2 lb.
- 8 oz. thick cut bacon
- 2 Tbsp. butter
- 2 shallots, finely chopped
- 4 scallions, chopped
- 1 tsp. fresh thyme
- 2 Roma tomatoes, diced, seeds discarded
- Juice of half a lemon
- 1/4 cup fish stock or clam juice
- 1 1/2 cups heavy cream
- Pinch of smoked Spanish paprika
- Salt and pepper to taste

Smoke the shrimp for 6 minutes using the mildest wood available such as alder, cherry or apple.* Allow to cool; peel and slice along the back of each shrimp. Cut the bacon into 1/4-inch slices and sauté in a medium saucepan until crispy. Drain on paper towels and drain the fat from the pan. Add the butter to the pan and sauté the shallots and the scallions for 4 minutes over medium heat. Add the thyme, tomatoes, lemon juice, and fish stock and sauté briefly. Add cream and reduce to a simmer. Add the shrimp and cook until the sauce thickens slightly. Stir in the

bacon and paprika, season with salt and pepper. Serve hot over Overnight Buttermilk Waffles (see above) toast, biscuits, or grits.

*Try the Camerons Stovetop Smoker. The smoker can be used indoors on gas, electric and glass-top stoves with minimal ventilation necessary.

COURTESY: John Vollertsen (Chef Johnny Vee)
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Preserving Fresh Herbs

Herbs Are a Good Thing; Why It's Important to Preserve Them.

1. Herbs add flavor to food; they are decorative; and they have medicinal qualities (infusions or teas, i.e. sage for sore throat; thyme for congestion.)
2. A package of fresh herbs costs about \$3, yet most recipes don't use a whole package. Leftover herbs are often thrown away after wilting in the refrigerator -- or our over-abundant garden produces too much to use up at one time.
3. Preserving fresh herbs makes them available to us throughout the year, whenever we want.

How to Grow and Harvest Your Own Herbs for Maximum Yield

4. Follow directions for your zone and fertilize accordingly. Some herbs, i.e. rosemary, need sun while others, such as basil, can't tolerate too much hot sun.
5. Pinch new growth regularly - just above a node or joint in the stem - for healthy, bushy plants. Remove withered or yellowed growth as needed.

How to Store Fresh Herbs

6. Store fresh herbs with cut ends in a glass of water in the refrigerator OR wrapped loosely in damp paper towels in a plastic bag to prolong their freshness. When they start to look wilted, it's time to preserve them.

Ways to Preserve Fresh Herbs

7. Hang a bunch by the stems in a dry place (covered by a paper bag) for a few days. Another way is to wash/pat herbs with paper towels to remove excess moisture. Put herbs in a single layer on a dry paper towel-lined, microwave-safe plate and microwave on High power for 2 to 3 minutes, in one-minute increments. Check after each one-minute increment; they should be completely dry and brittle. The exact time will vary by the amount of moisture in the herbs. Strip off the leaves with your fingers and discard stems which can be tough and woody, such as thyme.
8. Some herbs - especially soft herbs such as basil, lemon balm, chives, cilantro, dill, mint and parsley - freeze well in small freezer bags for up to 6 months. Rinse first and pat as dry as possible, then place in plastic bags. They will look a little bruised when thawed - and they must be cooked since they will be mushy - but their flavor is still intact and they retain all of their health benefits. In fact, I routinely freeze parsley and save considerable time by not having to chop it up, and I save money by not having it go to waste.

COURTESY: Carol Fenster
Savory Palate, Inc.
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Treats From Wilton

REGAL RAINBOW RUFFLE CAKE

Step 1:

Make cake. Prepare batter following recipe directions. Bake and cool cake. Cake is three-layers. Trim one layer to 1 inch high for a 5 inch high tier. Place on foil-wrapped cake circle.



Step 2:

Decorate cake. Prepare buttercream icing following recipe directions. Tint icing in colors of your choice. Position cake on turntable for decorating. Use spatula and 1 color of icing to ice cake smooth. Use tip 104 and a darker icing to pipe ruffle, beginning at bottom border and then around cake. Move tip up 3/8 inch. Use tip 104 and a lighter color of icing to pipe a second ruffle, moving tip up 3/8 inch. Repeat, alternating icing colors to pipe rows of ruffles, and cover cake sides. On cake top, begin at the outside edge and pipe ruffle around top. Move tip in 3/8 inch, repeat piping alternating colors to cover cake top.

TREAT POPS

What is a treat pop? A treat pop is a portable cake and icing treat assembled in a see-through container. Use the stick on the bottom of the treat pop to push the layers of cake and icing — or a sweet favorite treat and filling — up as you eat it.

Types of cake for your treat pops

Begin with your favorite recipe or cake mix. There are three convenient ways to make circles of cake perfectly sized for your treat pop!

Cake circles. Use the 12 in. x 18 in. x 1 in. jelly roll pan. Prepare cake batter following recipe directions. Bake and cool cake completely according to pan package directions. Cut out cake rounds using the smallest round (1 3/4 in.) cutter from 101 Cookie Cutters Set.

Mini whoopie pies. Use the mini whoopie pie pan. Prepare whoopie pie batter following recipe directions. Bake and cool according to pan package directions.

Mini cupcakes. Use the mini muffin pan. Prepare batter following recipe directions. Spray mini muffin pan with Bake Easy! non-stick spray and fill cavities half full. Bake and cool following pan package directions. Use a knife to cut crowns off of mini muffins to level tops, if necessary.



Wilton Collection of Cupcakes

Step 1:

Hold tip 1M approximately 1/2 inch above cupcake top at a 90° 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.

Buttercream Icing

Our Buttercream Icing recipe is perfect for spreading or decorating. Follow our instructions to make it the ideal consistency you need.

- 1/2 cup solid vegetable shortening
- 1/2 cup (1 stick) butter or margarine, softened
- 1 teaspoon Easy-Add clear vanilla extract
- 4 cups sifted confectioners' sugar (approximately 1 lb.)
- 2 tablespoons milk

Makes about 3 cups of icing.

Step 1:

In large bowl, cream shortening and butter with electric mixer. Add vanilla. Gradually add sugar, one cup at a time, beating well on medium speed. Scrape sides and bottom of bowl often.

When all sugar has been mixed in, icing will appear dry. Add milk and beat at medium speed until light and fluffy. Keep bowl covered with a damp cloth until ready to use.



Step 2:

For best results, keep icing bowl in refrigerator when not in use. Refrigerated in an airtight container, this icing can be stored 2 weeks. Rewhip before using.

Step 3:

For thin (spreading) consistency icing, add 2 tablespoons light corn syrup, water or milk.

Step 4:

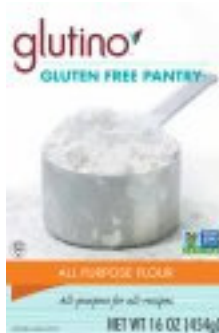
For Pure White Icing (stiff consistency), omit butter; substitute an additional 1/2 cup shortening for butter and add 1/2 teaspoon No-Color Butter Flavor. Add up to 4 tablespoons light corn syrup, water or milk to thin for icing cakes.

COURTESY: Nancy Siler
Wilton Brands
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G-Free Foodie

Gluten Free Fudge Brownies

- 3/4 cup Gluten Free flour blend
- 3/4 tsp. xanthan gum
- 1/4 tsp. salt
- 1/2 tsp. baking powder
- 1/3 cup cocoa
- 1/2 cup oil
- 2 eggs
- 2 tsp. vanilla
- 1 1/4 cup sugar
- 1/4 cup water (or cold coffee)



Preheat oven to 350° F. Lightly spray 8 x 8 inch square pan with cooking spray. In a small bowl, combine flour, xanthan gum, salt, baking powder, and cocoa. Mix and set aside. In a large bowl, whisk oil and eggs together until combined. Add vanilla and sugar. Slowly mix in flour mixture and water. Once all flour is combined, spread evenly into pan. Bake on center rack for 30-35 minutes or until toothpick comes out with few crumbs. Cool completely and serve. **TIP** : For more chocolately flavor add 1/2 cup chocolate chips.

Gluten Free Fig Layer Bars

Filling

- 1 pkg. (8 oz.) dried California figs; stemmed and chopped fine
- 1 cup sugar
- 1/2 cup chopped walnuts or pecans
- 1/2 cup hot water

Crust and Topping

- 1 cup butter
- 1 cup brown sugar
- 1/2 tsp. salt
- 1/2 tsp. gluten free vanilla
- 1 3/4 cups gluten free rolled oats
- 1 3/4 cups gluten free flour blend + 1 1/2 tsp. xanthan gum
- Ice water, as needed



For Filling, combine figs, sugar, nuts and water in small saucepan. Cook over medium heat 15 minutes or until thickened, stirring frequently. Set aside to cool. For Crust and Topping, in mixing bowl, cream butter with sugar until light and fluffy. Add salt and vanilla; beat together. Add oats and flour blend, mix until blended. Press about half flour mixture evenly in bottom of

lightly greased shallow 9x13-inch pan. Spread filling evenly over all. Add water to remaining flour mixture and toss lightly until ball forms and cleans sides of bowl. Turn onto lightly floured surface and roll into rectangle to fit on top of pan and arrange on top of filling, trimming edges to fit. Bake at 350°F for 25 to 30 minutes or until lightly browned. Cool in pan. Cut 4 X 12 to make 48 bars to serve as snacks. Serve warm, with ice cream if desired.

Gluten Free Caramelized Onion & Prosciutto Pizza

For the Pizza:

- 1 Gluten Free pizza crust (store bought or homemade), par-baked
- 1/3 - 1/2 cup caramelized onions (depending on the size of the crust)
- 5-6 thin slices of prosciutto
- 4 oz. fontina cheese, sliced (or fresh mozzarella if preferred)
- 3-5 leaves fresh basil, chiffonade
- Kosher salt
- Freshly ground black pepper
- Extra Virgin olive oil, for drizzling

For the Caramelized Onions:

- 3 tablespoons butter
- 2 tablespoons extra-virgin olive oil
- 2-1/2 pounds onions, thinly sliced
- Salt and pepper
- 3 teaspoons brown sugar

For the Pizza: Preheat oven to 425° F. degrees. Cover the par-baked Gluten Free crust with the sliced cheese, and top the cheese with the onions. Layer the prosciutto over the onions. Sprinkle with Kosher salt and black pepper. Bake for 8-10 minutes, or until the cheese looks brown on the edges. Remove the pizza from the oven, top with the basil and drizzle lightly with olive oil.

For the Caramelized Onions: Melt the butter with the olive oil over medium-high heat in large skillet. Add the onions and 1/4 teaspoon each salt and pepper, and cook, stirring constantly, until the onions begin to soften, about 5 minutes. Add the brown sugar and stir thoroughly. Continue to cook, scraping the browned bits off the bottom of the pan frequently, until the onions are soft and golden brown, about 20 minutes.

Bacon & Sage Roast Chicken

- 1 (5 to 6-pound) roasting chicken
- Kosher salt
- Freshly ground black pepper
- Paprika
- 1 large bunch fresh sage
- 3 shallots, cut into wide slices
- 2 - 3 Tbsp. olive oil
- 4-5 slices Gluten Free bacon
- *1 cup Gluten Free chicken stock, if desired

Preheat the oven to 425° F. Remove the chicken giblets. Rinse the chicken inside and out. Remove any excess fat and leftover pinfeathers and pat the outside dry. Use about 3/4ths of the shallots and half of the sage to create a bed for the chicken in a large roasting pan, place the chicken on top. Liberally salt and pepper the inside of the chicken. Stuff the cavity with the remaining sage and shallots, reserving one nice looking sprig of sage to garnish the chicken. Drizzle the olive oil over the chicken to coat, and sprinkle with paprika, salt and pepper. Tie the legs together with kitchen string or a roasting band and

tuck the wing tips under the body of the chicken. Lay the bacon slices over the chicken to cover. Roast the chicken for 1 hour. If the bacon looks crispy, remove the bacon slices from the top of the chicken and set aside. (If the bacon isn't crispy, check it again in 5-7 minutes & remove.) Continue roasting the chicken for an additional 1/2 hour, or until the juices run clear when you cut between a leg and thigh. Remove from the oven and tent with foil for 5-10 minutes. *If you'd like to make a pan gravy, see directions below. Place the chicken on a platter for serving, replacing the bacon and adding the fresh sage for garnish.

*For Pan Gravy:

Remove the shallots & sage from the bottom of the roasting pan, leaving at least 2 tablespoons of the fat from the bottom of the pan. Place the roasting pan over two burners on medium-high and add the chicken stock and bring it to a boil. Reduce the heat, and simmer for about 5 minutes, or until reduced by half. Serve with the chicken.

COURTESY: K. C. Pomeroy
G-Free Foodie
www.gfreefoodie.com



2010 Dietary Guidelines

The unveiling of the 2010 Dietary Guidelines for Americans on January 31 brought positive news - and a strong affirmation - for dairy and its role in the diet. Many aspects of the 2005 DGA are maintained in the 2010 guidelines, including the recommendation of three daily servings of low-fat and fat-free milk/milk products for those ages 9 and older.

But for children ages 4-8, the recommendation was increased from 2 to 2.5 servings. For children ages 2-3, the recommendation remains 2 servings. The guidelines call out nutrients of concern: calcium, potassium and vitamin D as well as fiber with a special emphasis on children.

Dairy foods such as milk, cheese and yogurt contain 3 of the 4 of these nutrients. In fact, the guidelines endorse consumption of dairy at an early age when promoting healthy eating patterns for children. The guidelines state: "It is especially important to establish the habit of drinking milk in young children, as those who consume milk at an early age are more likely to do so as adults."

For more information, you can go to: <http://www.cnpp.usda.gov/dietaryguidelines.htm>

COURTESY: Sara Robbins
DairyMax
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California King Salmon Recipes

California King Salmon Salad

Salmon

- 1 lb. California 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. Pre-heat 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 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.

Lemon Slices

- 12 Rhodes Dinner Rolls, thawed but still cold
- 1/2 cup sugar
- Grates zest from 3 lemons
- 1/3 cup butter, melted

Lemon Glaze:

- 2 ozs. cream cheese, softened
- 1 tablespoon fresh lemon juice
- 1/2 cup powdered sugar

Cut each roll in half and press each half into a 3 x 3-inch oval. Combine lemon zest and sugar. Dip each oval into the melted butter and then press into the sugar zest mixture. Line them up in a sprayed 9 x 5-inch loaf pan, each piece on its edge to make a loaf shape. Cover with plastic wrap and let double in size. Remove wrap and bake at 350 degrees 25-30 minutes. Cover with foil last 5-10 minutes, if necessary, to prevent over browning. Remove from pan to cool. Combine glaze ingredients and spread over warm lemon slices.

Baked Salmon with Avocado Mango Salsa

Salsa

- 1 large mango, chopped
- 2 ripe avocados, chopped
- 1/4 cup minced red onion
- 1 Serrano chile, minced
- Juice of 2 limes

Glaze

- 1 tablespoon brown sugar
- 1 teaspoon honey
- Juice of 1 lemon
- 1 tablespoon soy sauce
- 4 (6 ozs. ea.) salmon filets
- Olive oil
- Salt, to taste

Prepare salsa, set aside. Mix together Glaze ingredients in a small bowl. Line a roasting pan with aluminum foil, brush with olive oil. Place salmon on pan, skin side down and brush with olive oil. Brush with glaze. Sprinkle with salt. Bake at 400 degrees for 10-15 minutes or until fish flakes in the center. Serve with Avocado Mango Salsa. Makes 4 servings.



**COURTESY: Connie Moyers
Western Research Kitchens
www.calkingsalmon.org**

California Figs

FRESH FIGS



California's Fresh Fig Season starts in mid-May and continues through mid-December. With California's excellent climate and exquisite soil for fig production you can see why California Figs are a fantastic fruit. Mainly,

four varieties of Fresh Figs are produced in California. They are Brown Turkey, Black Mission, Kadota and Calimyrna.

Fresh Brown Turkey Figs are available mid-May through December. They are a light purple to black skinned fig with pink flesh and a robust flavor.

Fresh Black Mission Figs are available mid-May through November. They are a purple to black skinned fig with pink flesh and an intense earthy flavor.

Fresh Kadota Figs are available June to October. They have a creamy amber color when ripe with a light delicate flavor.

Fresh Calimyrna Figs are available July through September. They are large pale yellow skinned figs with a nutty, sweet flavor.

DRIED FIGS

Figs are the only fruit to fully ripen to complete sweetness and semi-dry right on the tree before falling to the ground to continue drying.

After harvest, the figs are inspected and packaged. Packaging includes rings of figs tightly

packed and over-wrapped, moisture-proof bags, wrapped finger packs, plastic cups or bulk. California figs are generally found in the produce or baking section of your favorite supermarket.



Figs are harvested in the late summer and early fall, but because they are dried and conveniently packaged, they are available all year long.

There are literally hundreds of fig varieties, but only about half a dozen are grown commercially in California, dried and packaged for the consumer and industrial markets

Calimyrna Figs - Noted for its delicious nut-like flavor and tender, golden skin, the Calimyrna fig is the popular favorite for eating out of hand. As the name implies, the Calimyrna is the California version of the Smyrna fig imported by a San Joaquin Valley grower.

Mission Figs - Numerous plantings by the Spanish missionaries as they traveled northward from Mexico along the California coast that gave it a name, the Mission fig is famous for its distinctive flavor. The fresh fruit exhibits a deep purple color which darkens to a rich black when dried, making this fig an esthetic, as well as an edible, delight in all recipes.

Kadota Figs - The Kadota fig, an American version of the original Italian Dattato, is thick-skinned and possesses a beautiful creamy amber color when ripe. Practically seedless, this fig is a favorite for canning and preserving as well as drying.

Adriatic Figs - Transplanted from the Mediterranean, the Adriatic fig is the most prolific of all the varieties. The high sugar content, retained as the fruit dries to a golden shade, make this fig the prime choice for fig bars and pastes.

Fresh Fig Salsa and Salmon Fiesta

- 1/4 cup finely chopped green pepper
- 1 small jalapeno pepper, seeded and minced
- 2 tablespoons finely chopped red onion
- 1 cup diced firm ripe fresh California figs
- 1/2 cup diced ripe avocado
- 2 tablespoons fresh lime juice
- 1/2 baguette, thinly sliced into 32 rounds (about 8 oz.)
- 6 tablespoons extra virgin olive oil
- 1 tablespoon white balsamic vinegar
- 12 oz. very thinly sliced smoked salmon, Nova or lox

Combine peppers, onion, figs and avocado in mixing bowl. Sprinkle with lime juice and toss to combine. Cover and chill.



Meanwhile, arrange baguette slices on baking sheet. Brush generously on one side with olive oil and toast oiled side in broiler. Mix remaining oil with balsamic vinegar and brush on second side of baguette slices and toast second side. Arrange a thin slice of salmon on top of each slice and spoon 1 tablespoon fig mixture on top of salmon. Serve cold or reheat gently. Yields: 32 rounds; Serves: 32.

Roasted California Mission Figs Stuffed with Bacon, Jalapeno Peppers and Cheese

- 2 slices thick-sliced bacon
- 8 dried California Mission figs
- 1 jalapeno pepper
- 4 ounces Fontina cheese
- 1 tablespoon extra virgin olive oil
- 8 decorative wooden skewers or cocktail picks

Preheat oven to 350°F. In heavy skillet, cook bacon over medium-high heat until



browned but not too crisp; cool and cut each slice into 4 pieces. Remove and discard stems from figs, and trim a thin slice from the bottom of each fig so that it will stand upright. Then, cut each fig in half, horizontally. Without removing seeds, slice jalapeno crosswise into 8 round slices - for spicy bites, make slices thick or, if you prefer milder bites, cut very thin slices. Slice cheese about 1/4-inch thick and cut slices into 8 pieces, each about 1/2-inch square.

Arrange bottom half of figs on well oiled baking sheet. Layer each half with a slice of cooked bacon, slice of jalapeno, and square of cheese, and replace top half of each fig. Press together lightly. Then, heat in oven at 350°F for about 15 minutes or until cheese has melted. Very carefully transfer figs to serving dish, and drizzle lightly with extra virgin olive oil. Insert decorative skewers or picks in center of each fig and serve warm. Yields: 8 appetizers.

COURTESY: Karla Stockli
California Fig Advisory Board
www.californiafigs.com



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	

Banana Bean Muffins

- 3 egg whites
- 1/4 cup + 2 Tbsp. Splenda brown sugar blend
- 1/2 tsp. 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 tsp. baking soda
- 1/2 tsp. ground cloves
- 1/2 tsp. 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. Add sugar and water. 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. Yields 20 muffins.

Bean and Olive Tapenade

Serve a dollop on grilled fish or spread as flavorful alternative to mayo on a sandwich or wrap.

- 1 1/2 cups cooked (1 can 15-ounces) kidney beans, drained
- 1 can (4-ounce) chopped black olives
- 1/4 cup extra virgin olive oil
- 1/4 cup of fresh basil, sliced into thin strips
- 1/4 tsp. ground oregano
- 2 tsp. fresh thyme leaves, chopped
- 2 Tbsp. red wine vinegar, or to taste
- 1 1/2 tsp. minced garlic
- 4 large green olives, rough chopped

Put all ingredients except green olives into a food processor and pulse until mixed together but still slightly chunky. Fold in green olives. To serve, place a teaspoon of tapenade on a thin slice of toasted baguette or cracker. Other suggested pairings are rye bread or crackers with fresh cheeses. Makes 48 appetizers; Yields 3 cups.

COURTESY: Jeane Wharton
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