



6700 Series
Foods & Nutrition
Section II



Creative Living with Sheryl Borden
6700 Series



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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, “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.

Momma Reiner's Homemade Marshmallows

It's never too late to start new rituals and create special family memories. Momma Reiner's Fudge started with an old family recipe, but it was the fudge-dipped marshmallows that garnered the attention of Oprah and Martha Stewart. This delicacy was developed on a whim while stirring fudge one day. I noticed a bag of marshmallows and thought, "I'd bet those would taste good dipped in my fudge." And they did. I then sought to create my own marshmallows suited exactly to my tastes. To inspire you to get creative and courageous in your kitchen, Momma Jenna and I leave you with this recipe.

MAKES ABOUT 40

Note: You will need a candy thermometer for this recipe.

- 2 tablespoons plus 1 teaspoon unflavored gelatin
- 1/2 cup cold water
- 2 cups granulated sugar
- 1/2 cup light corn syrup
- 1/2 cup hot water
- 1/4 teaspoon salt
- 2 egg whites
- 1/2 teaspoon vanilla extract
- 1/2 cup cornstarch, plus more for dusting
- 1/2 cup confectioners' sugar

Lightly coat a 12 by 8-inch glass baking dish with nonstick cooking spray. In a small bowl, combine the gelatin and cold water. Set aside to soften while you make the syrup.

Place the granulated sugar, corn syrup, hot water, and salt in a medium saucepan. Cook over medium heat, stirring until the sugar dissolves, about 2 minutes. Continue cooking without stirring until the mixture reaches about 240° F on a candy thermometer (the soft-ball stage, when syrup dropped into ice water may easily be formed into a soft ball with your hands). Remove from the heat. Gently add the gelatin to the syrup mixture, stirring until the gelatin is dissolved. Set the mixture aside.

Place the egg whites in the bowl of a stand mixer fitted with the whisk attachment and beat on high speed until stiff peaks form. Reduce speed to low, and slowly add the syrup mixture. Add the vanilla and continue whipping on high speed for 10 minutes, or until the mixture looks like marshmallow creme.

Use a spatula to pour the mixture into the baking dish and spread evenly. Coat a piece of parchment paper (the size of the dish) with nonstick cooking spray and cover the marshmallow, using your hands to create an even surface. Let the marshmallow set at room temperature overnight before cutting.

Turn the marshmallow out of the baking dish onto a work surface lightly dusted with cornstarch. Lightly coat a sharp knife with nonstick cooking spray and cut the marshmallow into 1 1/2-inch squares. Combine the cornstarch and confectioners' sugar in a bowl. Gently toss the marshmallow squares in the mixture, a few at a time, to coat them lightly. Store at room temperature in an airtight container for up to 1 week.

SUGAR MOMMAS TIP:

For a color-swirled marshmallow, add a few drops of food coloring and whip for 5 to 10 seconds (do not combine completely) prior to pouring the mixture into the baking dish to set.



COURTESY: Kimberly Reiner and Jenna Sanz-Agero
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FREEKEH FOODS



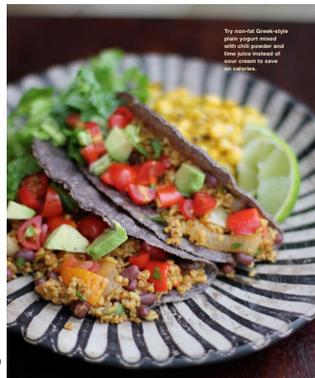
Freekeh? What is that?

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 Vegetarian Tacos

- 1 8-ounce package cracked freekeh (1 cup) (Original or Tamari variety)
- 2 1/2 cups water or vegetable broth
- 1 15-ounce can black beans or small red beans, rinsed and drained
- 1 14.5-ounce can fire roasted crushed tomatoes
- 1 medium purple onion, diced
- 6 garlic cloves, diced
- 1 sweet red or yellow pepper, diced
- 2-4 Tbsp. extra virgin olive oil
- 1 teaspoon cumin
- 2 Tbsp. chili powder
- 2 Tbsp. fajita seasonings or taco seasoning a few shakes of hot sauce to taste
- blue or white hard corn taco shells or soft corn tortillas

Pour 2 1/2 cups of water and the freekeh in a saucepan and bring to a boil for 1 minute. Reduce heat to low. Stir in a few spoonfuls of the crushed tomatoes, onion and the fajita seasoning. Cover and simmer for about 25 minutes until the freekeh is tender. While freekeh is cooking, in a separate skillet, heat up olive oil over medium heat. Toss in onion, peppers and garlic. Toss in cumin, chili powder and cook for about 4-5 minutes until the onions are slightly translucent. Add in the beans and tomatoes (including the liquid from the can). Simmer for 4-6 minutes. Once the freekeh is done, add it to the other ingredients and cook for another minute or two. Fill taco shell or burrito wrapper and serve with your favorite toppings. Serves: 6.



Options: Serve with hot sauce, shredded lettuce, salsa, diced black olives and jalapenos. For additional toppings, try diced avocado, diced tomato or fresh squeezed lime.

Freekeh Meatballs with Ground Chicken

for meatballs

- 1 8-ounce package cracked freekeh (1 cup)
- 2-3 Tbsp. olive oil
- 1 small onion, diced fine
- 1 egg, whisked
- 1/4 cup of water or broth
- 1 pound ground chicken, or ground turkey
- 1 tsp. chia seeds (optional)
- 4 tsp. of almond flour or whole wheat flour
- 1 Tbsp. oregano
- 1/4 - 3/4 cup parmesan cheese
- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 3 Tbsp. tomato paste

for sauce

- 1 24-ounce jar of marinara sauce
- 8 garlic cloves, diced fine
- a dash or two of cayenne pepper or red pepper flakes
- 2 Tbsp. capers
- 1/2 cup of water or broth
- 6 anchovy filets
- 10 fresh basil leaves, chopped

Step 1 - the sauce - In a food processor, mix all ingredients and set aside until meatballs are cooked.

Step 2 – meatballs - In a large bowl, mix all meatball ingredients together kneading them with your hands until everything is evenly blended. If it seems too dry, add a little more water. Take a plum size amount of



the mixture and roll into a ball with both hands. Continue to make the balls and set on a plate. Wash hands thoroughly. Pour about 4 tablespoons of olive oil in a nonstick skillet on medium heat. Add a few of the meatballs into the skillet using two spoons - careful not to break the meatballs!

Only add a few at a time, so you have enough room to turn them over. Brown them on all sides turning them every 2 minutes or so. Once the meatballs are browned, remove them from skillet and set aside. Repeat until they're all cooked. Place the meatballs in a 9 x 12 nonstick casserole dish. Pour the sauce over the meatballs and cover with tinfoil creating a tight seal. Place in 375° F. oven and bake for about 45 minutes. After 45 minutes, remove the tinfoil. By now, the meatballs should be plump from absorbing some of the liquid. If necessary, add a little more water, place tinfoil back on and cook another 10 minutes. Serves: makes 14-16 meatballs.

Warm Breakfast Freekeh

- 1 8-ounce package cracked freekeh (1 cup) (Original variety)
- 2 1/2 cups water (for richer flavor, try cooking in almond milk, or coconut milk)
- 2 tsp. vanilla extract
- 1 tsp. cinnamon
- 2 Tbsp. Earth Balance® or butter

Pour freekeh and liquid into a saucepan and bring to a boil for about 1 minute. Add vanilla extract, cinnamon and Earth Balance® or butter. Reduce heat to low. Cover and simmer for about 25 minutes. Serve with fresh sliced fruit and top with nuts. Serves: 4.

Options: You can also add a dollop of yogurt for extra protein and creaminess.



Freekeh Paella

- 1 pack (6 links) spicy Andouille chicken sausage, diced and browned in extra virgin olive oil
- 1 sweet red or yellow pepper, diced
- 1 green pepper, diced
- 10 garlic cloves, diced
- 1 large onion, diced fine
- 1 large fresh tomato, diced fine
- 1 8-ounce package cracked freekeh (Original Variety)
- 2 1/2 cups chicken broth, vegetable broth or water
- 1 10.5-ounce can of clam sauce
- 1 cup frozen peas, thawed
- 14-18 medium to large shrimp, shelled, deveined and rinsed
- 3/4 tsp. saffron
- a few shakes of cayenne pepper
- salt & plenty of fresh cracked pepper to taste
- lemon wedges

Drizzle a little olive oil in a large skillet and heat up on medium. Toss in diced sausage and brown on all sides for about 5 minutes. Once cooked, remove sausage and set aside. Keeping the bits in the same skillet, add diced onions, peppers and garlic. Cook on medium heat until tender. Add a little more olive oil if it seems too dry. Toss in diced tomato and the spices and cook for about 1 more minute. Add freekeh to skillet and stir, mixing all ingredients thoroughly. Add the sausage, clam sauce, broth and peas. Cover, reduce heat to simmer. Cook for an additional 20 minutes or until the freekeh is tender and the liquid has been absorbed. Add the shrimp, and cook a few more minutes until pink, about 6 more minutes. Garnish with fresh chopped parsley and lemon and serve. Serves: 4-6.



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





The Aromatic Kitchen

Spiced Figs

Soak about 20 dried dark Mission figs in a covered glass jar for a few days in a cup of Captain Morgan's Spiced Rum or any kind of dark rum. If you don't have enough time, soak them overnight and heat a little to plump up the figs. To the top of the mixture, before closing, add 1/8 cup of honey with the following drops of essential oils mixed in well:

Lemon – 20 drops
Cardamom – 10 drops
Ginger – 5 drops

The figs are ready when they are nice and plump. Stir every few hours. They are now perfect to use as an incredible topping for desserts, salads, yogurts, pound cakes, and are wonderful on top of cooked squashes. For dessert toppings, you can also mix in a few teaspoons of the rum sauce as well, or they can be used added into fruit cakes and coffee cakes.

Spiced Fig Salad

Heat on low 1 tablespoon of olive oil and stir in 10 drops of lemon essential oil. Add 2 one-inch sprigs of fresh chopped Rosemary. Take 6 of the drunken figs, strained, and cut into small pieces. Add this to the heat along with 2 tablespoons of the rum sauce and 1/4 cup of pecans. Heat about 10 minutes until the liquid is soaked in. Serve warm over salad greens and goat cheese. Serves 2.

COURTESY: Kris Wrede
Kismet Potions
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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**



Enjoy Turkey Year 'Round

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

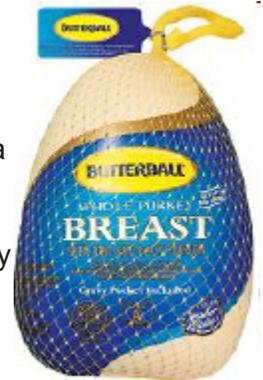
- 1 package Butterball® Smoked Turkey Dinner Sausage, cut into 1" pieces
- 1 medium zucchini, sliced 1/2" thick
- 1 medium yellow squash, sliced 1/2" thick
- 1 large onion, cut into chunks
- 1 medium red bell pepper, cut into 1" pieces
- 1/4 cup apple juice
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon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