

# Creative Living

with Sheryl Borden



Foods & Nutrition  
Section I

6800 Series

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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, “Got Kale?” is in Section I on page 3, whereas “California Figs” is in Section II on page 11.**



## GOT KALE?

**K**ale, a popular cabbage, includes the flat-leaf types - often labeled as dinosaur, Tuscan, lacinato or black - and the curly types or varieties. Kale can be purchased in a variety of forms: **fresh** in the produce section where it is banded together in big leaves or finely chopped in bags (perfect for salad); **frozen** in resealable bags in the freezer section; or **dried** into kale chips in the snack display. Kale is an extraordinarily nutritious vegetable which makes it very popular these days. It is high in antioxidants and one cup provides over 1,000 percent of the Daily Value (DV) for Vitamin K, nearly 200 percent of the DV for Vitamin A, and nearly 100 percent of the DV for Vitamin C. It is also high in fiber.



### Baked Kale Chips

*Even when baked, kale won't win any beauty contests! Still, once you pop these little crisps into your mouth, you won't care about their looks. The strong flavor of kale lessens when baked, so these chips are delightfully crispy, yet not overly green-tasting. I prefer flat kale for this recipe because it's easier to clean and chop, but use whatever variety you have (or grow in your garden.) Add your own touches, such as a sprinkle of Parmesan cheese. You will love these chips and make this recipe again and again!*

4 cups kale (1 bunch), stems removed, torn into chip-size pieces  
1 Tbsp. olive oil  
1/4 tsp. sea salt

Bake until the chips are crispy, about 15 minutes. Watch carefully so they don't burn. Cool the pan on a wire rack until the chips are cool. Serve immediately.

Place a rack in the middle of the oven. Preheat the oven to 350° F. Line a 10x15-inch or 13x18-inch baking sheet (non stick) with parchment paper. Wash the kale and trim the stems from each piece. Spin it dry in a salad spinner and blot any remaining moisture with paper towels. In a large bowl, toss the kale with olive oil until thoroughly coated. For curly kale, you may need to massage the pieces with your hands to work the oil into the crevices. Toss with the salt. Spread it in a single layer on the baking sheet.

*Per serving: 65 calories, 2g protein; 4g total fat; 1g fiber; 7g carbohydrates; 0mg cholesterol; 162 mg. sodium*

**COURTESY: Carol Fenster**  
Savory Palate, LLC  
[www.carolfenster.com](http://www.carolfenster.com) OR  
[www.carolfenstercooks.com](http://www.carolfenstercooks.com)

# Red Quinoa: Complete Protein



Muscle loss is a natural consequence of aging. The formal name for this process is sarcopenia. There are many ways of treating sarcopenia - including exercise and weight-lifting - but experts say that diet is helpful as well. These experts say adequate protein in your diet is essential but this can be problematic if you avoid animal protein. Instead, quinoa is an excellent plant-based source of protein and a good choice for someone who has advanced muscle loss due to neuromuscular conditions.

Quinoa (keen-wah) is the seed of a plant related to spinach and beets. While it is not truly a grain, we use the term “grain” for ease. It is tremendously nutritious, which earns it the name “superfood,” and it was used centuries ago in South America. Today, it is available in several colors. Quinoa is most notably one of the few grains that is a complete protein since it contains all 8 essential amino acids. It is these amino acids (components of protein) that are especially important to muscle loss. It contains no gluten so it is a good choice for gluten-free diets. The red variety, because of its color, has anthocyanins, which are antioxidants found in red, blue, purple, and black foods. There are many ways to prepare quinoa, but basically you cook it like rice - in water or broth - for about 15 minutes. Most quinoa has already been rinsed by manufacturers to remove its bitter-tasting saponin, which is a natural coating protecting it from birds and insects. Saponin won't hurt you, but if you're not sure your quinoa has been rinsed, just rinse it in a sieve until the water runs clear. Quinoa can be eaten hot or cold.

## Red Quinoa Salad with Beets, Pomegranate Seeds, and Oranges

*I prefer to use Clementines, but regular oranges also work well. Serve chilled, or let the salad stand at room temperature for 20 minutes before serving.*

### SALAD

- 1 3/4 cup vegetable broth or low-sodium chicken broth
- 1 cup red quinoa
- 1/4 tsp. salt
- 2 small Clementines or 1 medium orange, some segments reserved for garnish
- 1/2 can (14-oz.) shoestring beets, thoroughly drained
- Seeds from 1 pomegranate (about 1/2 to 3/4 cup), reserve some for garnish
- 1/2 cup raisins or dried cranberries
- 1 cup baby spinach, washed and patted dry
- 1/2 cup slivered almonds (optional)
- 2 Tbsp. chopped fresh parsley or cilantro, plus 1 tablespoon for garnish

### DRESSING

- 1/4 cup freshly-squeezed orange juice
- 2 Tbsp. sherry vinegar
- 1 medium garlic clove, minced
- 1/4 tsp. sea salt
- 1/8 tsp. freshly ground black pepper
- 2 Tbsp. extra-virgin olive oil

In large saucepan, bring broth to boil. Add quinoa and salt and cook, covered, until broth is absorbed, about 20 minutes. Transfer quinoa to large bowl; drain any excess broth. Grate the Clementine (or orange) to yield two teaspoons zest and add to quinoa, then cut Clementine into segments and add to quinoa. Add the beets, pomegranate seeds, raisins, spinach, almonds, and 2 tablespoons of parsley. Toss to combine thoroughly. Make dressing: In a small bowl or glass jar, whisk together orange juice, vinegar, garlic, salt and pepper until blended. Slowly whisk in oil in thin stream until well combined. Add enough dressing to quinoa to coat thoroughly and serve either in large bowl or large platter, garnished with remaining Clementine segments, pomegranate seeds and parsley. Serves 4 as a main dish; 6 as a side dish.



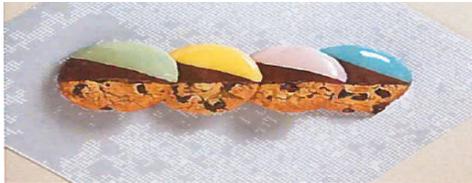
**COURTESY: Carol Fenster**  
**Savory Palate, LLC**  
[www.carolfenster.com](http://www.carolfenster.com) OR  
[www.carolfenstercooks.com](http://www.carolfenstercooks.com)

# Fun with Candy Melts



There are so many fun things to do with home-made or store bought cookies. For instance, you can add colored sugars to white dipped wafer cookies.

Or how about double dipping chocolate chip cookies in different colors of melted candy wafers.



Another idea has to do with pretzels. You can add hibiscus icing decorations on dipped pretzels. Rice cereal treats are easy to make and always a favorite - try dipping them in melted candy and then add

jumbo stars, nonpareils and even cinnamon drops to each one.

Here's an unusual idea for you: Use plastic spoons and dip the spoon part in candy and use an assortment



of decorations, such as rainbow chips, nonpareils, sugar pearls and jimmies for decorations.

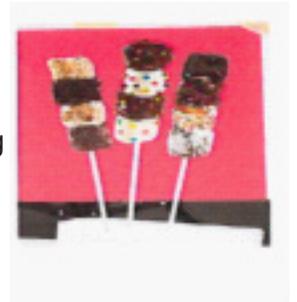


Another favorite is to dip various fruit in the melted chocolate and add piped zebra shapes or drizzle different colors of melt-

ed candy on strawberries.



Dipped marshmallows are fun to make. Dip each one in the candy melt of your choice, and then thread three or four on long skewers or sticks. They can be displayed in a styrofoam block.



For the ultimate treat, make a pan of candy bark from Cocoa Candy melts, banana chips, pecans, cherries, small marshmallows and rainbow nonpareils. After the candy sets up, you can break it in edible size pieces. (Note: Do not pour it too thick or it is hard to break it when cooled

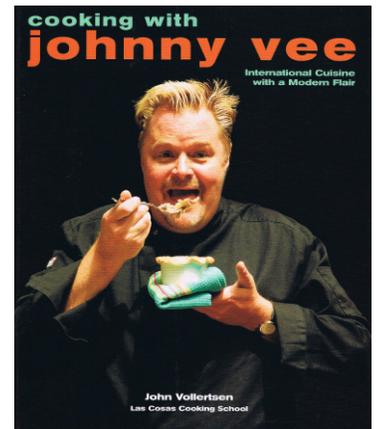


To make candy bark, melt different colors of Wilton candy melts in the microwave oven. To make the dessert pictured below, spread melted candy on parchment paper-covered 9" square cake board. Sprinkle with pearled gold sprinkles in one section and white peppermint pearls on the other side. After the candy has hardened, break it into pieces. You can add other embellishments, such as rainbow chips. Serve in dessert dishes for an elegant presentation.



**COURTESY: Nancy Siler  
Wilton Brands  
[www.wilton.com](http://www.wilton.com)**

# Recipes from Chef Johnny Vee



## SALMON DUMPLINGS

For the filling:

- 1 pound salmon, coarsely chopped
- 1 egg
- 1 1/2 teaspoons sugar
- 1/2 teaspoon white pepper
- 2 tablespoons Thai fish sauce (nam pla)
- 2 scallions, minced
- 1/2 cup shrimp, any size, peeled and de-veined
- 1 package wonton wrappers
- 4 large cabbage leaves

Place salmon, egg, sugar, pepper, fish sauce, scallion and shrimp in a food processor fitted with the steel blade attachment. Pulse the mixture a few times to combine the ingredients but do not over process. You should have a spreadable mixture with a few very small visible chunks. Using a biscuit or round



cookie cutter, cut the wonton wrappers into 3 inch rounds. Take a teaspoon of filling and spread onto wrapper. Draw wrapper toward the center of itself to create a dumpling and tap gently on counter to create a flat bottom. Place cabbage leaves in a bamboo steamer and place dumplings on cabbage. Cover and steam over boiling water until dumplings are opaque, about 10 minutes. Serve immediately with soy sauce that has been drizzled with a little sesame oil.

Makes about 30.

## WONTON NAPOLEONS WITH LEMON CURD

**FOR THE CURD:**

- Juice and zest of 3 large lemons
- 1 cup sugar
- 3 large eggs
- 1/4 teaspoon salt
- 1 cup whipped cream

Combine lemon juice, zest, and sugar in a medium metal bowl. Place bowl over simmering water on stove and stir until sugar dissolves. Beat the eggs in

a small bowl and then whisk into lemon mixture, making sure water is only simmering. Whisk constantly until the mixture thickens. Remove from heat and chill over ice. Once the mixture is completely cooled, fold in salt and the whipped cream.

**FOR THE WONTONS:**

- 18 wonton wrappers
- Spray vegetable oil (like Pam)
- Powdered sugar

Separate wonton wrappers and place on cookie sheet. Spray lightly with vegetable oil and place another cookie sheet of the same size over wontons. Bake in preheated 400°F oven until golden brown. Remove top cookie sheet and place wontons on cooling rack. When cool, dust lightly with powdered sugar.



## CHILE RELLENOS

- 6 large New Mexico Green Chiles, roasted and peeled
- 1/2 pound sharp cheddar cheese, cold
- 1 recipe batter
- 3 cups vegetable oil for frying

Cut cheese into matchstick size pieces - 2 inches long by 1/8" square. Cut a tiny slit toward the top of the chile and carefully slide in pieces of the cheese until chile is filled with



cheese. Drain stuffed chiles on paper towel before dipping in batter. Heat oil to 350° F. and dip chilies into batter and carefully slide them into the heated oil. Turn chiles over once they are golden brown. Second side will brown quicker. Reserve leftover batter for another use. Drain on paper towels and serve warm with Red Chile Sauce. Serves 6.

## BLUE CORN BUTTERMILK BATTER

- 1 cup blue cornmeal
- 3/4 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- About 1 1/4 cups buttermilk
- 2 eggs

Combine dry ingredients in a medium bowl. Whisk together eggs and milk in a small bowl and then add to dry ingredients. Mix to make a

smooth batter, adding more milk if necessary. Batter should be the density of pancake batter. Allow to rest 10 minutes before using.



## BEER BATTER FOR CHILE RELLENOS

- 3/4 cup *plus* 2 tablespoons flour
- 1/4 cup cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon cumin
- 1/4 teaspoon cayenne
- 1 cup beer, any brand except dark beer



Combine flour, cornstarch, salt, cumin and cayenne in medium bowl. 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 additional beer.

**Chef Chat - Students are always asking me if it's possible to bake a batter coated relleno. This batter does bake well by spraying a cookie sheet generously with cooking spray and then laying the dipped relleno onto it. Spray the relleno lightly with the spray and bake at 400° F. until it is nicely browned, about 12 minutes. This is the only batter that works in this manner.**

**COURTESY: John Vollertsen  
La Cosas Cooking School  
[www.chefjohnnyvee.com](http://www.chefjohnnyvee.com)**

# G-Free Foodie

## Roast Chicken with Tangerine & Onion

- 1 (5 to 6-pound) roasting chicken
- Kosher salt
- Freshly ground black pepper
- 4 or 5 tangerines, quartered
- 2 onions, peeled & sliced
- 2-3 tablespoons olive oil
- 1 cup Gluten Free chicken stock

Preheat the oven to 425 degrees F. Remove the chicken giblets. Rinse the chicken inside and out. Remove any excess fat



and leftover pinfeathers and pat the outside dry. Place the chicken in a large roasting pan. Liberally salt and pepper the inside of the chicken. Stuff the cavity with the ends of the onion and 2 of the tangerine quarters. Drizzle the olive oil over the chicken to coat, and sprinkle with 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. Scatter the onion slices and remaining tangerine quarters around the chicken. Roast the chicken for about 1 1/2 hours, or until the juices run clear when you cut between a leg and thigh. Remove to a platter. Remove the onions & tangerine from the pan, place around the chicken on the platter and cover with aluminum foil while you prepare the pan gravy. Add the chicken stock to the pan and bring it to a boil. Reduce the heat, and simmer for about 5 minutes, or until reduced by half. Taste the gravy and add salt and pepper as desired. You can present the chicken whole or slice it for serving. Serve immediately with the gravy.

## Foodie Box Club

Eat like the Foodie you are! Join the G-Free Foodie Box Club and receive a curated collection of the most delectable artisan foods around – entirely Gluten Free (also available in GF + Dairy Free, GF + Nut Free, Top 8 Allergen Free,



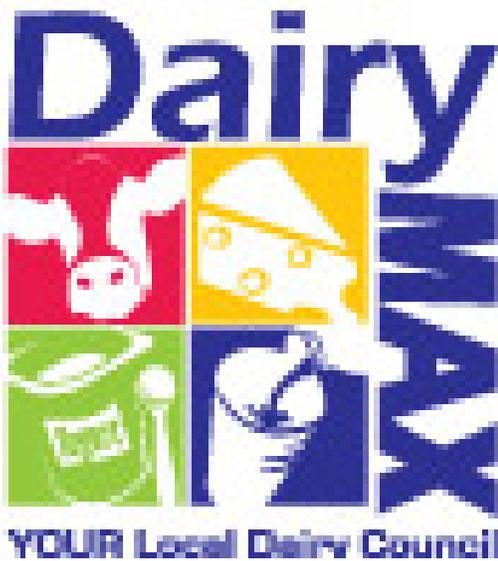
Paleo Friendly/Grain Free or Organic/non-GMO).

We search the world for Foodie Finds that are more than G-Free, they're fabulous. We'll deliver a box directly to your door every month, packed with five full size products – gourmet sauces, exotic spices, mixes & more, along with recipes, serving suggestions & a little gift from us.

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**COURTESY: K. C. Pomeroy**  
**G-Free Foodie**  
[www.gfreefoodie.com](http://www.gfreefoodie.com)



# Common Questions About Lactose Intolerance

## What is lactose intolerance?

People who are lactose intolerant have a hard time digesting the sugar (called lactose) that is naturally found in milk and may experience discomfort after consuming dairy foods.

## How do I know if I'm lactose intolerant?

Stomachaches, bloating or gassiness can have many different causes. Your doctor can help you find out if you are lactose intolerant or if your digestive discomfort is caused by something else.

## FAST FACTS ABOUT LACTOSE-FREE MILK AND MILK PRODUCTS

Lactose-free milk is real milk, just without the lactose, and is a solution to help you get all the great nutrients found in regular milk.

### HOW THEY'RE MADE:

Lactose-free dairy products are the same as regular dairy products except the lactose (milk sugar) is already broken down or removed for you.

### GREAT TASTING:

People like the taste of lactose-free milk more than some of the available non-dairy alternatives.

### AVAILABLE OPTIONS:

A wide variety of lactose-free dairy products — including reduced-fat, low-fat, fat-free and chocolate milk, ice cream and cottage cheese — are available.

## I used to drink milk all the time when I was a child. Why am I more sensitive to dairy now?

Your body makes an enzyme called lactase to help digest the lactose in milk. As an adult, your body may be making less of this enzyme than it did as a child. This may be making it more difficult to tolerate dairy.

## If I am lactose intolerant, do I have to avoid all dairy foods?

Lactose intolerance is a very individual condition. Most people can continue to eat dairy foods by following steps, such as drinking lactose-free milk, enjoying small amounts of milk with meals or trying dairy foods lower in lactose, like natural cheeses. Lactose intolerance is a very individual condition.

## Is lactose intolerance the same thing as a milk allergy?

No, being lactose intolerant is not the same as having a milk allergy. A milk allergy is caused by a reaction to the protein in milk. This is different from lactose intolerance, which occurs when your body has a hard time digesting the natural sugar (or carbohydrate) in milk. While people with milk allergies must avoid dairy, avoidance is not necessary for those who are lactose intolerant.

## Can't I get all the nutrients I need without dairy foods in my diet?

Nutrition experts advise that you still try to eat dairy foods to best meet your nutrient recommendations. The dairy food group (milk, cheese and yogurt) provides key nutrients such as calcium, potassium and vitamin D. It's difficult to get enough of these nutrients without dairy foods in your diet.

## Can children have lactose intolerance?

Lactose intolerance is less common in young children. If you think your child has lactose intolerance, talk to your family doctor, child's pediatrician or a dietitian.

# FALL IN LOVE WITH DAIRY AGAIN

Do you love the taste of dairy foods, but sometimes feel gassy or bloated after having milk, cheese or yogurt? If so, there are a variety of tips that may help you to enjoy the recommended 3 servings of low-fat or fat-free dairy foods every day - without experiencing pain or embarrassment.

## Enjoy Dairy Again with These Tips:

### Sip it.

Start with a small amount of milk daily and increase slowly over several days or weeks to build your tolerance.



### Try it.

Opt for lactose-free milk and milk products. They are real milk products, just without the lactose, providing the same nutrients as regular dairy foods, and they taste great.



### Stir it.

Mix milk with other foods, such as soups and cereal; blend with fruit or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.



### Slice it.

Top sandwiches or crackers with natural cheeses such as Cheddar,



Colby, Monterey Jack, mozzarella and Swiss. These cheeses are low in lactose.

### Spoon it.

Enjoy easy-to-digest yogurt. The live and active cultures in yogurt help to digest lactose.



# What Makes Fuel Up to Play 60 Unique?



**M**any organizations are making legitimate efforts to improve youth wellness, beginning in schools, because the classroom, the cafeteria and the gymnasium are an ideal setting for learning healthy lifelong habits. What makes Fuel Up to Play 60 different from the others? How is this program positioned to positively impact the childhood obesity crisis?

## What Makes Fuel Up To Play 60 Unique? For Youth, By Youth?

As Fuel Up to Play 60 was developed, youth were actively placed in the driver seat to encourage shared ownership and responsibility. Youth tested and approved all program components, ensuring that the program remained authentic and would be embraced by a national youth audience. The brand name itself focused heavily on a balance of healthy eating and physical activity to provide youth and adults with a clear indication of the program's intent.

## A Comprehensive Approach

Fuel Up to Play 60 is also unique in that it teams nutrition and physical activity, teaching youth the whole story of healthy living. The program is grounded in decades of nutrition and physical activity experience and research from National Dairy Council (NDC), the National Football League (NFL), the U.S. Department of Agriculture (USDA) and other partner organizations. While the program has the backing of NDC, Fuel Up to Play 60 follows a comprehensive nutrition approach. The program encourages the consumption of food groups to encourage low-fat and fat-free dairy, fruits, vegetables and whole grains and 60 minutes of physical activity daily as outlined in the 2005 Dietary Guidelines. Healthy eating and physical activity messages shared in the program are both simple and compelling to youth.

## Powerful Partners



Fuel Up to Play 60 offers bold leadership through powerful partnerships, involving many organizations and industry leaders. The program utilizes the 'star power' of the NFL clubs, players, and physical activity programming to add recognition and value to the initiative and entice students to participate. Fuel Up to Play 60 also capitalizes on NDC's trusted relationships with schools through decades of supplying science-based nutrition information and education materials.

Together, the NFL and NDC are combining significant in-kind and financial resources and expertise and bringing even more organizations on board. Organizations like the American Dietetic Association Foundation, American Academy of Pediatrics, Action for Healthy Kids, National Medical Association, National Hispanic Medical Association, School Nutrition Association and American Academy of Family Physicians have joined the cause.

## Customization

This ongoing, social marketing program goes beyond promotions to influence actual behavior change—advancing the youth desire for a healthier future. Integrated components developed with youth (e.g., program curriculum, in-school signage, web site, youth social media partnerships, etc.) are customizable and non-prescriptive—allowing youth and schools to determine which tools and resources will best meet youth wellness goals and each school's wellness policies.



## National Issues, Local Solutions

Because Fuel Up to Play 60 aims at long-term, sustainable change, it requires ongoing support and participation at the grassroots level. Local dairy councils across the country and all 32 NFL clubs actively support this program, providing locally-relevant program components to encourage engagement and program evolution based on local needs.

**COURTESY: Sara Robbins  
DairyMax  
[www.dairymax.org](http://www.dairymax.org)**