

Creative Living *with Sheryl Borden*



6900 Series - Foods & Nutrition - Section I

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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, “Nightshade Substitutes” is in Section I on page 3, whereas “California Figs” is in Section II on page 11.



Nightshade Substitutes

What are Nightshades:

Nightshades are a category of vegetables that include potatoes, tomatoes, peppers, and eggplant. The term nightshade may result from the fact that they like to grow in the shade and bloom or flower at night

Some people avoid nightshades because they contain an alkaloid called solanine which is thought to promote joint inflammation. Arthritis is the most common but there may be other conditions that respond to a nightshade-free diet.

Nightshades play an important role in American diets, especially two of them: potatoes for mashed potatoes and tomatoes in Italian food. But there are substitutes.

MASHED POTATOES are one of America's favorite side dishes. The good news is that you can make mashed "potatoes" with white cauliflower to create a wonderfully creamy dish that tastes delicious and looks just like mashed potatoes.

While cauliflower is strong-flavored (like its cousins broccoli and cabbage.) The preparation methods and ingredients in this recipe reduce that strong flavor. Making them into mashed "potatoes" seems to remove this flavor dominance. Steaming is recommended over boiling to preserve important nutrients.

Nutritionally, one cup of cauliflower has only 25 calories with a glycemic index of 15. In contrast, one cup of potatoes has over 4 times the calories (113) and a glycemic index of 76. So, eating cauliflower is a good thing!

TOMATOES are key ingredients in many foods,—such as pizza and pasta sauces—but there are other options. For example, use basil pesto instead of pizza sauce for pizza and in place of marinara for pasta. You can buy ready-made pesto or (if lactose intolerant) make your own with dairy-free Parmesan. Or, use hummus spread (avoid roasted red pepper flavor because peppers are nightshades.)

Mashed (Cauliflower) Potatoes

- 4 cups chopped (1 1/2 pounds) white cauliflower
- 1 whole garlic clove
- 1/4 cup half-and-half or milk of choice
- 2 tablespoons butter *or* buttery spread, such as Earth Balance
- 2 tablespoons fat-free sour cream or sour cream alternative, such as Vegan Gourmet
- 2 tablespoons grated Parmesan cheese or soy Parmesan, such as Galaxy
- 1/4 teaspoon onion powder
- Salt and freshly ground white (or black) pepper, to taste

In medium saucepan, steam cauliflower and garlic over boiling water until very tender, about 10 to 12 minutes. Drain cauliflower and garlic very thoroughly and pat cauliflower dry with paper towels. In food processor, immediately puree hot cauliflower and garlic with half-and-half, butter, sour cream, Parmesan, and onion powder until very, very smooth Add salt, pepper, and more Parmesan, if desired, and serve hot.



COURTESY: Carol Fenster
Savory Palate LLC
www.savorypalate.com

Chia Seeds in the Paleo Diet

Chia Pudding

One of the easiest ways to use chia seeds is in no-cook puddings. Eat as a dessert or as a hot breakfast cereal. You can vary this basic recipe by adding your favorite flavorings, such as cocoa, dried fruits, coconut, or whatever appeals to you. Perhaps a sprinkle of cinnamon or a dusting of slivered almonds would be good.

- 1 tablespoon chia seeds
- 1/2 cup non-dairy milk of choice (almond, coconut, or hazelnut work well, but use what you like)
- 1 1/2 teaspoons sweetener of your choice (agave nectar, maple syrup, etc. Honey hardens when added to cold food so heat it first so it blends into the pudding)
- 1/2 teaspoon vanilla or almond extract

Whisk all of the ingredients together in a screw-top glass jar and refrigerate overnight. Shake or whisk a few times during the first two hours to redistribute the seeds as they soak up the liquid. Eat as a pudding, which will have a consistency similar to tapioca pudding. If you prefer a smoother texture, grind the chia seeds in a blender before blending with the other ingredients. Heat it for a hot breakfast cereal. Makes one serving.



COURTESY: Carol Fenster
Savory Palate, Inc.
www.savorypalate.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
www.kismetpotions.com

Luscious Legumes

CANNELLINI BEAN DIP

- 15 oz. can of white Cannellini beans, drained
- 4 cloves garlic
- Juice of a lemon
- 4 Tablespoons olive oil
- 1/2 teaspoon red pepper flakes
- 1/3 cup tahini (sesame paste)
- Salt & Pepper to taste
- Olive oil to drizzle



Combine all of the above in a food processor and process until smooth. Season with salt and pepper. Drizzle additional olive oil over dip and serve with pita chips or vegetable crudité. Serves 6 as an appetizer.

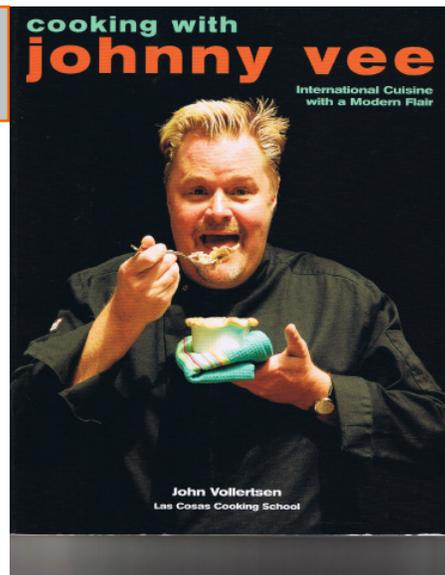
TEX-MEX VEGGIE CHILI

- 3 tablespoons olive oil
- 1 medium white onion, finely chopped
- 3 garlic cloves, minced
- 1/4 cup finely chopped green bell pepper
- 1 jalapeno, seeded and finely chopped
- 1 1/2 teaspoons toasted ground cumin
- 2 tablespoons pure ground hot red chile
- 1 teaspoon Mexican oregano
- 1/2 teaspoon ground sage
- 1 cup lentils, washed and picked over
- 1 cup canned kidney beans, drained
- 3 plum tomatoes, chopped
- 1 1/2 teaspoons kosher or sea salt

Chili Fixin's:

- 1/4 cup sour cream
- 1/4 cup chopped cilantro leaves
- 1/4 cup sliced scallions
- 1 tablespoon minced jalapeno

Place the olive oil in a deep, heavy bottom soup pot over medium heat. When hot, add onion, garlic, bell pepper, and jalapeno. Stir and fry for 3 minutes. Turn the heat to medium-low and cook until the onions become translucent. Add cumin, ground chile, oregano and sage. Stir briskly and add the lentils, 4 cups of water, kidney beans, tomatoes and salt. Bring to a boil. Cover and turn heat to low, and cook gently for 60 minutes. Serve in warm bowls each topped with 1 tablespoon sour cream, 1 tablespoon sliced scallions, pinch of jalapenos and cilantro. Serves 4.



COURTESY: John Vollertsen
La Cosas Cooking School
www.chefjohnnyvee.com

G-Free Foodie Club

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).



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

Candy Melt Cupcake Toppers

To make Pulled Chevron Cupcake Toppers:

Melt white, and colored Candy Melts Candy separately in disposable decorating bags, according to package directions. Place circle cutter in jelly roll cake pan. Use melted white candy in decorating bag.

Cut off the tip to fill the cutter about 1/8 inch thick.

Use melted colored candy in another decorating bag to pipe five horizontal lines on white candy.

Immediately use a toothpick to drag lines of candy from both sides of horizontal line. Remove cutter. Chill until firm, about 10 to 15 minutes. Using a spatula ice plain cupcakes and position candy melt topper on top of icing. Fast and easy to do!



Another easy technique is to use melted candy melts, and outline a paper pattern with an initial. Use parchment paper to line a cookie sheet. If using a pattern, place pattern under the parchment paper. Instead of using a decorating tip, using the writing tip and trace the pattern or pipe letter free-hand. Chill in refrigerator 5-8 minutes. Use spatula, carefully lift shape away from parchment and place

on a cupcake iced with 1M swirl.



COURTESY: Emily Tatak
Wilton Brands
www.wilton.com

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.



Candy Pinwheels

To make these cute candy pinwheels, melt candy melts as described on package. Pipe the pinwheel portion. Add fill-in colors, if desired. These can be added to an iced cupcake, put on top of round sugar cookies or pretzel rods with melted candy in a disposable bag.

Very easy and always a hit!



COURTESY: Nancy Siler
Wilton Brands
www.wilton.com

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.



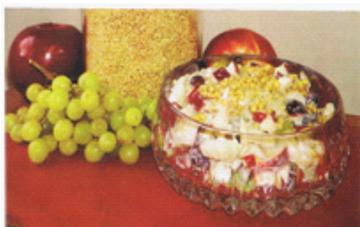
Why are whole grains good for you?

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

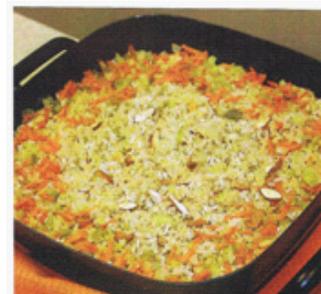
- 1 tablespoon vegetable oil
- 1 cup uncooked bulgur wheat
- 1/2 cup uncooked long-grain white rice, dry
- 1/2 cup uncooked pearled barley
- 2 beef or chicken bouillon cubes or 2 tablespoons dry bouillon granules
- 4 cups hot water
- 1/2 cup coarsely grated carrots
- 1/2 cup chopped onion 1/2 cup sliced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

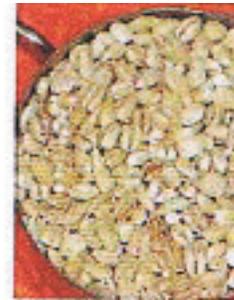
To prepare pizza dough, stir whole wheat flour; lightly spoon into a measuring cup and level flour. In large mixing bowl, combine whole wheat flour, yeast, and salt. Blend in water, oil, and honey or sugar. Stir by hand

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.

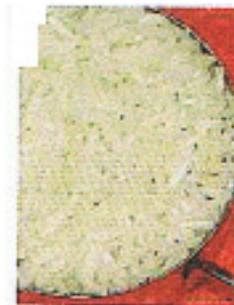


- 1/2 cup butter or margarine
- 1 cup granulated sugar
- 1 egg
- 1 tablespoon grated orange peel
- 1 teaspoon vanilla extract
- 2 tablespoons low-fat milk topping
- 1/2 teaspoon ground cinnamon
- 2 tablespoons granulated sugar

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

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

COURTESY: Cindy Falk
Kansas Wheat Commission
www.kansaswheat.org



Salads & Toppers

Most people love to have a salad as the first course of their meal. In supermarkets today, there is a tremendous refrigerated section that gives you a choice of pre-packaged salads of all types. You can also pick out your favorite greens and make your own mixture.

After you've chosen your salad mix, you can then vary your "add-ons" from a complete variety of fresh, dried or canned items. There is a large variety of salad dressings. Here too, the homemaker may choose to make her own, usually using such items as mustard, wine, vinegar and spices.

Or, you can take advantage of the new toppers that are available. Here are traditional croutons, which now come in a larger variety of flavors. Or, use tortilla or wonton strips to add a little punch to your salad.



**COURTESY: Connie Moyers
Western Research Kitchens**
www.mrscubbisons.com