



Creative Living with Sheryl Borden

7100 Series - Foods & Nutrition



Table of Contents

Foods & Nutrition

Black Quinoa Recipes	3
Coconut Flour Recipes	4
Recipes from Johnny Vee.....	5
Snack Cakes	7
California Figs - Oh, So Sweet!	8
Recipes from Butterball!	10
California King Salmon Recipes	12
5210 - Let's Go!	13
Guests	15



Black Quinoa Recipes

What are Black Grains? Black grains are very dark brown or purplish - and therefore called "black." They are becoming more widely available and add color, variety, and texture to our diet.

Why is Black Quinoa Healthy? All forms of quinoa are good for us, but black quinoa, which is related to regular quinoa, has more anthocyanins because of its dark color. Anthocyanins are the pigments that give dark grains (and dark berries) their color and are also antioxidants.

How does Black Quinoa Compare to Regular or Red Quinoa? Black quinoa is sweeter with an earthy taste and is a bit crunchier than regular tan quinoa which is softer. Red quinoa has a nuttier flavor and holds its shape after cooking, but with comparable nutrients to regular quinoa. Regardless of color, quinoa is a complete protein containing all the amino acids required by the body. In addition, it contains B vitamins, dietary fiber, vitamin E, iron, phosphorous, magnesium and zinc and it is rich in manganese, copper and folate. Plus, its dark color adds an exotic look to dishes.

Eat 3 to 5 Servings of Whole Grains Daily. Black quinoa is actually a seed of plants related to spinach, Swiss chard, and beets. But it is considered a whole grain and counts toward your daily goal of 3 to 5 servings of whole grains per day...as recommended by the Whole Grains Council. One-half cup cooked grain counts as a one serving.

Cooking Black Quinoa. Black quinoa is cooked the same way as rice, usually with a ratio of twice as much water or broth to grain. For every 3/4-cup serving of cooked black quinoa or black rice, start with 1/4 cup of uncooked grains and cook in 1/2 cup broth or water. Or, cook it in a covered pan, or cook it in 3 times as much water and simmer it without a lid. This allows the quinoa grains to move around and not clump together, producing grains that hold their shape better and are fluffier.

Where to Find Black Grains. If you don't have black quinoa - but still want that dark color - you can use red quinoa or wild rice. Look for black quinoa and wild rice at natural food stores, specialty shops, and online. If you can't find it, use regular quinoa or even brown rice for a delicious, though less colorful version.

Black Quinoa Salad

This colorful and extraordinarily nutritious salad is gorgeous served on a white plate. If you can't find black quinoa, use regular quinoa.



SALAD

- 1 3/4 cup gluten-free vegetable broth or low-sodium chicken broth
- 1 cup black quinoa (or tan or red quinoa)
- 1/4 teaspoon 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 dried cranberries or raisins
- 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 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 2 Tbsp. extra-virgin olive oil

In large saucepan, bring broth to boil on high heat. 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 separate Clementine into segments and add to quinoa. Add the beets, pomegranate seeds, cranberries, spinach, almonds, and 2 tablespoons of parsley. Toss to combine thoroughly. Make dressing: In 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, garnish with remaining Clementine segments, pomegranate seeds, and parsley. Serves 4 as a main dish; 6 as a side dish.

Coconut Flour Recipes

What are coconuts? They are a seed, not a nut, from coconut palm trees grown in the Philippines or Malaysia. Coconuts are related to dates.

Where is Coconut Used? Coconut is used in a variety of foods, including: Coconut water, dried coconut strips, energy bars, foods baked with coconut such as cupcakes, muffins, cakes, and breads.

Health Benefits of Coconut

- High fiber (5g per 2 Tbsp.) and protein, low glycemic index
- Experts say coconut's saturated fat (called lauric acid) supports the immune system and promotes good skin health. It is a dense source of caprylic acid, which is known to have anti-bacterial and anti-fungal properties.

What is Coconut Flour? Flour is made by drying the coconut flesh (the white part) and grinding it into a fine powder. Different brands vary: some toast the flour, making it a golden color; others don't toast, making it slightly off-white. Each type of flour performs differently as a result of this difference in processing.

Coconut Flour Popularity. People want variety in their diets. Paleo diets use coconut flour for baking because it is not a grain. It is also gluten-free, so appropriate for those with celiac disease and wheat allergies

Baking with Coconut Flour. Coconut flour is extraordinarily absorbent and thus very little is needed. In baked goods, substitute 1/4 cup to 1/3 cup coconut flour for 1 cup grain-based flour. It is best to use

coconut flour with another gluten-free flour (arrowroot or tapioca flour) to lighten the crumb. Increase the number of eggs or liquids; some cake recipes call for as many as 6 eggs. A good rule of thumb is 1 egg for every ounce (about 1/4 cup) of flour. Always sift coconut flour after measuring. It is best to let batter or dough sit for about 3 to 5 minutes so the coconut flour can absorb liquids before baking. It is best to follow recipes for your specific brand of coconut flour, since using coconut flour in baking requires precise measurements and brands differ in their ability to absorb liquids.

COCONUT MACAROONS

Coconut macaroons are the perfect dessert. And, they are perfect for using coconut flour. For even more decadence, drizzle melted chocolate on top.

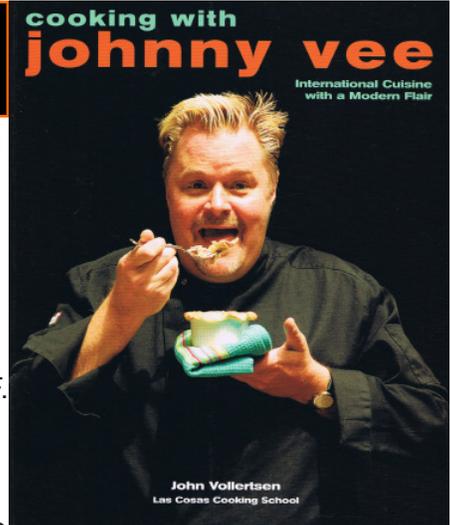
- 2 large egg whites
- 1/4 cup sugar
- 1 tablespoon coconut flour
- 1/2 teaspoon vanilla or coconut extract
- Pinch salt
- 2 1/2 cups sweetened shredded coconut (7-oz. pkg.)

Place a rack in the center of the oven. Preheat the oven to 350° F. Line a 9x13-inch rimmed baking sheet (not nonstick) with parchment paper. In a medium bowl, beat the egg whites with an electric mixer on medium speed until foamy and airy, about 1 minute. Add the sugar, coconut flour, vanilla, almond extract, (if using) and salt and beat just until blended. Add the shredded coconut and beat just until well blended. The dough will look somewhat coarse. With wet hands or a #30 spring-action ice cream scoop, drop 8 balls, each about 1 1/2 inches in diameter (about 2 1/2 tablespoons of dough), 2 inches apart on the baking sheet. Bake until the cookies are browned around the edges, 20 to 25 minutes. Cool the cookies on the baking sheet on a wire rack for 10 minutes. Then transfer the cookies to the wire rack and cool completely. Makes 8 cookies.



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

Recipes From Johnny Vee



STICKY DATE PUDDING

- 1/2 cup boiling water
- 1 cup pitted, chopped dates
- 2 teaspoons baking soda
- 1 1/4 cup sugar
- 1 cup unsalted butter
- 5 eggs
- 2 1/2 cups flour
- 1 teaspoon salt

For the Sauce:

- 1 cup heavy cream
- 1 3/4 cups brown sugar
- 1/4 cup unsalted butter
- 1 teaspoon vanilla
- 1/2 teaspoon salt

Place dates in a medium bowl and pour boiling water over them. Stir in baking soda and set aside. In another medium bowl, cream together sugar and butter until mixture is light and fluffy. Add the eggs, one at a time, beating after each addition. Mix together flour and salt. Add date mixture to butter and egg batter and stir to combine. Add dry ingredients and beat batter until it is well mixed. Pour batter into a buttered 9 inch x 9 inch x 2 inch pan and bake in a preheated 375° F oven for 25 minutes. A toothpick should come out clean when poked into center of pudding. For the sauce, place heavy cream, brown sugar, and butter in a heavy saucepan. Whisk mixture to combine and bring to a boil over medium heat. Reduce heat to low and allow sauce to simmer for 15 minutes or until sauce thickens. Remove from heat and stir in vanilla and salt. Serve warm with Sticky Date Pudding. Serves 6-8.

FESTIVE SHERRY TRIFLE

FOR THE CAKE:

- 1 tablespoon unsalted butter
- 1 cup sliced almonds
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 6 large eggs
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1 teaspoon almond extract

Grease a 15-by-10 by 1-inch jelly-roll pan with butter. Line the pan with parchment paper and grease with butter again. Pre-heat oven to 350°F. Place almonds in work bowl of food processor fitted with the steel blade

and pulverize until floury looking. Add baking powder and salt. Separate the eggs. In a large bowl beat yolks and sugar with an electric mixer until thick and lemony colored. Add the vanilla. Fold almonds into the yolk mixture and set aside. With clean bowl and beaters, beat egg whites in a large bowl, until they form stiff peaks. Add a large spoonful of whites to yolk mixture and fold into mixture. Add 1/2 of remaining whites to yolks, fold in and then add remaining whites. Spread batter into pan and bake for 15-20 minutes until top springs back when touched. Let cake cool*.

FOR THE CUSTARD

- 1 cup heavy cream
- 1 cup half-n-half
- 6 egg yolks
- 1/4 cup sugar
- 1 teaspoon vanilla

Meanwhile make the custard by placing cream and half-n-half in medium saucepan. Bring to a gentle simmer over low heat. In a medium bowl, whisk yolks with sugar until lemony yellow. Whisk in the vanilla. Whisk 1/4 cup of the hot cream mixture into yolks. Gradually whisk remaining cream into egg mixture. Return mixture to saucepan and cook over low heat, stirring constantly until custard is thick enough to coat the back of a wooden spoon (about 3 to 5 minutes). Cover and refrigerate until chilled.

TO ASSEMBLE:

- 2 cups cream whipped and sweetened with 1/4 cup powdered confectioners sugar
- 2 cups raspberries
- 2 cups sliced strawberries

- 3/4 cup dry sherry
- 1 cup apricot preserves
- 1/2 cup toasted almond slices
- 12 maraschino cherries
- Mint leaves for garnish

When cake is cool, slice it into 3-inch by 2-inch slices and set aside. Spread 1/3 cup of the jam over the bottom a large glass bowl. Cover jam with slices of the cake and splash 3 tablespoons sherry over the cake. Spread 2/3 cup of the custard over cake and scatter 1 1/3 cups of the berries over the custard. Cover fruit with 2/3 cup of whipped cream. Do another layer of cake, soak in 3 tablespoons sherry. Spread 1/3 cup jam, then 2/3 cup custard then 1/3 cup berries then cream. Repeat this layering technique one more time, finishing with whipped cream. Garnish with toasted almonds, and maraschino cherries, cover with plastic wrap and chill. To serve, scoop into trifle plate. Garnish with fresh mint. (You can “cheat” by buying a Pound Cake and slicing it into finger size slices.) Serves 12.

CARNE ADOVADO

- 2 lbs. beef chuck roast, lamb stew meat, buffalo or pork roast
- 2 tablespoons vegetable oil
- 1/4 cup crushed caribe chile
- 2 Tbsp. ground mild chile
- 2 Tbsp. ground hot chile
- 3 garlic cloves, crushed
- 1 Tbsp. toasted and ground cumin
- 1 tsp. Mexican oregano salt
- Juice of one lime
- 2 cups water

Trim and cut the beef, lamb or pork into 1-inch cubes and season with salt and pepper. Heat vegetable oil in an ovenproof casserole or clay pot and when very hot add the beef. Sauté until it starts to brown, about 5 minutes. Remove from heat. Place chilies, garlic, cumin, oregano, salt, lime juice and water in blender and blend until smooth. Pour chile mixture over meat, stir and allow to marinate for 10 minutes. Cover dish and bake at 400° F for 60 minutes (45 minutes if using ground meat) or more until sauce has thickened and beef is tender. Serve with grated cheddar cheese, sour cream and sprigs of fresh cilantro and fresh corn tortillas. Optional ingredients to accompany tacos: Lime wedges, coarse salt, sliced radishes, chopped onions, grilled scallions, and your favorite salsa. Serves 6.

Tomatillo Salsa

- 1 lb. fresh tomatillos
- 2/3 cup chopped white onion
- 2 teaspoons fresh cilantro, rough chopped
- 1 teaspoon fresh lime juice
- 1/2 teaspoon salt
- 2 jalapenos, minced
- Habanero sauce to taste

Shuck the tomatillos under cold running water. Quarter them and poach covered in boiling water, until tender, about 5 minutes. Alternatively, grill quartered tomatillos over medium heat until they start to collapse. In blender or food processor, process the tomatillos until coarsely chopped. Add the onions, lime juice, salt and jalapenos and quick blend to combine. Pour salsa into serving bowl and stir in cilantro and habanero sauce. Chill and stir before serving. For Creamy Tomatillo Salsa; stir 2 cups of sour cream into chilled salsa. Makes 4 1/2 cups.

Gluten-Free Bittersweet Decadence Cookies

- 1/4 cup rice flour
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 8 oz. bittersweet chocolate chips
- 2 tablespoons unsalted butter
- 2 large eggs
- 1/2 cup sugar
- 2 teaspoons pure vanilla extract
- 1 cup pecans
- 6 oz. bittersweet chocolate chips
- 2 sheets parchment paper

Preheat oven to 350° F. In a small bowl, mix the flour, baking powder, and salt together, set aside. Place 8 ounces of bittersweet chocolate chips and butter in a medium bowl over a pan of simmering water. Stir the chocolate butter mixture until it is melted and smooth, set aside. In a heatproof bowl, whisk the eggs, sugar, and vanilla thoroughly and set the bowl over a pot of barely simmering water using it like a double broiler. Continue to whisk everything until the mixture is lukewarm. Combine the egg mixture and the chocolate mixture (should be lukewarm as well) stirring until they are well combined. Add the flour mixture, 6 oz. chocolate chips, and pecans. Your batter will look like thick cake batter. Scoop dough (it will look very wet and sloppy) into rounded tablespoons on a cookie sheet lined with parchment paper 2 inches apart from each other. Bake for 14 minutes until the surface of

the cookies looks dry and set. With the cookies still on the parchment paper, slide them onto racks to cool. Gently peel the parchment paper back after cookies have cooled for at least 30 minutes.

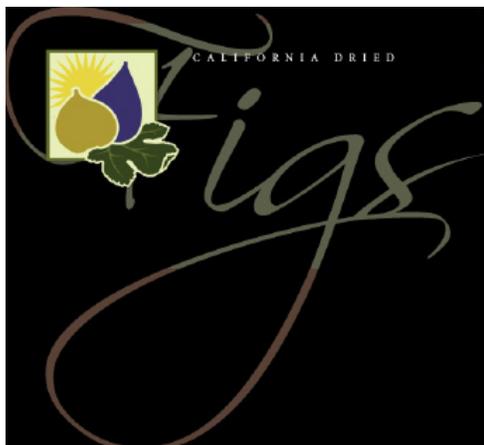
COURTESY: John Vollertsen
La Cosas Cooking School
www.chefjohnnyvee.com

Snack Cakes



COURTESY: Nancy Siler
Wilton Brands
www.wilton.com

California Figs, Oh So Sweet!



Mission Fig and Fudge Cookies

- 2 oz. unsweetened baking chocolate, grated
- 2 tablespoons butter
- 3/4 cup all-purpose flour
- 3 tablespoons cocoa powder
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 eggs
- 2 cups granulated sugar
- 1/2 teaspoon vanilla extract
- 1/2 cup powdered sugar
- 16 dried California Mission figs, divided

California Fig and Caramel Sauce

- 1-1/2 cups caramel sauce
- 6 dried California Calimryna figs, stems removed and chopped
- 1 quart walnut ice cream or 1 cup chopped toasted walnuts mixed with 1 quart vanilla ice cream

For cookies, combine chocolate and butter in small bowl and place over warm water or microwave on low until melted. Stir until smooth and set aside. Sift flour, cocoa powder, baking powder and salt together in mixing bowl and set aside. Measure eggs, sugar and vanilla into another bowl; whisk or beat vigorously until mixture is smooth and pale in color.



Add melted chocolate mixture, sifted dry ingredients and 8 coarsely chopped figs; mix together well. Chill until firm. With tablespoon or No. 60 scoop, divide and shape dough into balls and roll in powdered sugar. Arrange about 2 inches apart on parchment-lined baking sheet. Cut remaining 8 figs vertically into 4 thin slices each. Arrange one slice on each cookie and gently press down.

Did you know that ounce for ounce, figs provide a nutritional punch that is hard to match by any other fruit? Here are some additional facts:

- California Figs are an excellent source of dietary fiber. Just 3 to 5 figs – dried or fresh – provide 5 grams of dietary fiber or 20% of the Daily Value.
- North Americans of all ages fail to eat recommended amounts of fruit. Therefore, diets are low in nutrients and phytochemicals that fruits such as California Figs can provide.
- Choosing figs and adequate numbers of other fruit and vegetable servings add fiber, magnesium, calcium, antioxidants and potassium.

- California Figs are an easy way to add a serving of fruit to reach the daily recommendation of 4 cups (8 to 13 servings) of fruits and vegetables.
- Figs are rich in antioxidants among dried fruits and rank higher in antioxidants than red wine and tea, well known for their polyphenolics.
- California Figs are an all-natural energy source, perfect for an afternoon snack or a quick snack before a game or workout.
- Figs are fat, sodium and cholesterol-free. Just 3 to 5 California Figs provide:

Dried (1/4 cup: 40 grams)

- 110 calories
- 5g fiber (20% of the Daily Value)
- 244mg potassium (7% of the Daily Value)
- 53mg calcium (6% of the Daily Value)

Fresh (1/2 cup: 3-4 medium figs)

- 120 calories
- 5g fiber (20% of the Daily Value)
- 354mg potassium (10% of the Daily Value)
- 53mg calcium (6% of the Daily Value)

COURTESY: Robert Del Grande
California Fig Advisory Board
www.californiafigs.com



Chocolate Covered Figs

4 whole California fresh figs with stems
 Fine sea salt, as needed

1 cup semisweet chocolate chips

Wash and dry figs. Dust lightly with salt; set aside. Measure chocolate chips into microwavable bowl. Microwave on HIGH for 30 seconds; stir. Microwave on HIGH for 30 seconds more and stir again until chocolate is completely melted. Holding fig by stem, dip in melted chocolate and set on wax paper-lined tray. Let stand until chocolate is set. Serves: 4.



Recipes From Butterball

Turkey Smoked Sausage & Vegetable Kabobs

- no-stick cooking spray
- 2 medium sweet potatoes, cubed
- 1/2 cup apricot preserves
- 2 tablespoons spicy brown mustard
- 1 package Butterball® Smoked Turkey Dinner Sausage, cut into 1/2-inch slices
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium yellow bell pepper, cut into 1-inch pieces
- 1 large red onion, cut into 8 wedges

Spray cold grate of outdoor grill with cooking spray. Pre-heat grill for medium direct heat. Place sweet potatoes in medium saucepan. Add enough water to cover. Bring to a boil on high heat. Cook 5 to 7 minutes, or until almost tender. Meanwhile, combine preserves and mustard. Set aside. Drain potatoes. Thread evenly onto 8 skewers alternately with the sausage, bell peppers and onion. Grill 8 to 10 minutes, or until sausage is hot and vegetables are crisp-tender, turning and brushing several times with the preserves mixture. Serves 8.

Turkey Foil Wrap-Up

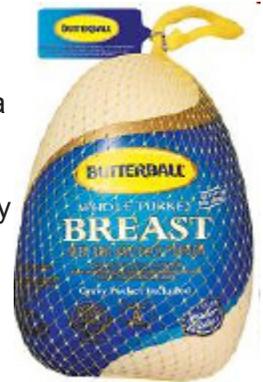
- 1 package Butterball® Smoked Turkey Dinner Sausage, cut into 1" pieces
- 1 medium zucchini, sliced 1/2" thick
- 1 medium yellow squash, sliced 1/2" thick
- 1 large onion, cut into chunks
- 1 medium red bell pepper, cut into 1" pieces
- 1/4 cup apple juice
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon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

Prepare the grill for indirect medium heat. Cut an 18-inch square of heavy foil. Place sausage, zucchini, squash, onions, and peppers in center of foil. Add the apple juice and rosemary. Cut butter into small pieces. Place evenly over all. Seal the foil. Place on grill. Cook 50 to 55 minutes or until sausage is heated through (160° F) and vegetables are tender. Serves 4.

Turkey and Roasted Pepper Quesadillas

- 1 package (5 ounces) Butterball® Thin Sliced Honey Roasted Turkey Breast
- 8 slices Swiss cheese
- 1/4 cup chopped roasted red peppers
- 2 tablespoons chopped fresh parsley
- 1 tablespoon olive oil
- 4 (10 inch) flour tortillas

Place equal amounts of turkey, cheese, roasted peppers, and parsley on each of 2 tortillas. Top each with another tortilla. Place a 12-inch nonstick skillet over medium heat until hot. Add olive oil. Tilt skillet to coat bottom. Carefully add the tortillas. Cook 3 minutes on each side, pressing down on top with a spatula, or until the cheese is melted and the tortillas are golden. Remove from pan and cut into wedges. Serves 4.



Turkey Turnovers

- 1 cup quartered fresh mushrooms
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1/8 teaspoon dried thyme leaves
- 1 tablespoon vegetable oil
- 1 tablespoon all-purpose flour
- 1/3 cup whipping cream
- 1 cup chopped leftover cooked Butterball® Turkey
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 can (8 ounces) refrigerated crescent rolls

Preheat oven to 375° F. Cook mushrooms, onion, garlic and thyme in oil in a large skillet on medium-high heat until onions are soft. Add flour. Cook 1 minute or until well blended, stirring constantly. Stir in cream. Cook and stir until thickened. Stir in turkey, salt and pepper. Remove crescent rolls from package. Flatten and separate into 4 rectangles. Press per-

ferations together to seal into four solid rectangles. Spoon about one fourth turkey mixture onto center of each rectangle. Fold into triangles. Press edges to seal in turkey mixture. Place on baking sheet. Bake 15 to 18 minutes or until golden. Serve hot. Serves 4.

Roast Turkey With Spicy Rub

- 3 tablespoons firmly packed light brown sugar
- 3 tablespoons kosher salt or sea salt
- 3 tablespoons paprika
- 2 tablespoons chili powder
- 2 teaspoons black pepper
- 2 teaspoons roasted cumin
- 1 teaspoon ground coriander
- 2 teaspoons garlic powder
- 2 teaspoons crushed red pepper flakes
- 1 Butterball® Turkey (12 to 14 pounds), thawed, if frozen
- 6 tablespoons canola oil, divided

Combine all ingredients except turkey and oil. Blend well. (May be prepared 2 to 3 days in advance. Store mixture in an airtight container at room temperature.)



Remove neck and giblets from body and neck cavities of turkey; refrigerate for another use or discard. Drain juices from turkey; pat dry with paper towels. Turn wings back to hold neck skin in place. Return legs to the tucked position, if untucked. Place turkey, breast side up, on flat rack in shallow roasting pan. Brush outside of the turkey with half of oil; rub outside and inside cavity with spice mixture. Cover and refrigerate 12 hours or overnight. Preheat oven to 325° F. Brush spiced turkey with remaining 3 tablespoons oil. Bake approximately 3 hours*, or until meat thermometer reaches 180° F when inserted in thickest part of thigh. Remove turkey from oven. Let turkey stand 15 minutes before carving. *Follow cooking times according to package directions; times vary by size of turkey.

Tip: For a spicier rub, increase crushed red pepper to 1 tablespoon and add 1 or 2 teaspoons cayenne pepper.

Turkey Sausage Breakfast Taco

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

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

Pumpkin Black Bean Turkey Chili

- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 1 cup chopped yellow bell pepper
- 1 finely chopped jalapeno pepper
- 3 cloves garlic, minced
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 1/3 teaspoons dried oregano leaves
- 3 cups beef broth
- 2 cans (15 oz. each) black beans, rinsed, drained
- 2 1/2 cups chopped leftover cooked Butterball® Turkey
- 1 can (15 ounces) Libby's® Pumpkin
- 1 can (14.5 ounces) diced tomatoes
- 1/2 cup dry sherry
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Heat oil in large saucepan on medium heat. Add onion, bell peppers, jalapeno pepper and garlic. Cook and stir 8 minutes, or until onion is tender. Stir in chili powder, cumin and oregano. Cook and stir 1 minute. Add broth, beans, turkey, pumpkin, tomatoes with their liquid, sherry, salt and black pepper; mix well. Bring to a boil, stirring occasionally. Reduce heat to low; simmer, uncovered, 45 minutes, stirring occasionally.

COURTESY: Janet Stahl
Butterball
www.butterball.com



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



Let's Go! is helping kids and families eat healthy and be active. We understand it's important to have a consistent message about healthy habits where you live, learn, work and play. So we partner with teachers, doctors, child care providers, and community organizations to help share the same four healthy habits of "5 2 1 0" everyday:

- 5 – fruits and veggies
 - 2 – hours or less of recreational screen time*
 - 1 – hour or more of physical activity
 - 0 – sugary drinks, more water and low-fat milk
- * Keep TV/computer out of bedroom. No screen time under the age of 2

5210 Goes to School

Why Schools?

Schools reach children during an important period of development, in an environment that can positively influence healthy behaviors. Children spend the majority of their day at school and eat one or more meals, plus snacks during that time. Combine this with educational goals focused on positive physical, social, emotional, and academic development and schools are an ideal location to support increased physical activity and healthy eating. Schools have the opportunity to provide healthier foods in the classroom and cafeteria, and to creatively increase physical activity throughout the entire school day, supporting healthier children now. They also provide a safe environment for children to learn and practice the skills needed to support healthy behaviors for a lifetime!



What We Do

Let's Go!'s 5210 Goes to School program provides participating schools with a toolkit, online resources, and technical assistance to help guide them in successfully supporting increased physical activity and healthy eating for children and youth.

We understand schools have a unique set of challenges – limited hours, core educational objectives, and tight budgets – when it comes to providing key opportunities for healthy eating and physical activity. 5210 Goes to School addresses these challenges by working with school leaders – staff, school health

coordinators, principals, and superintendents – to show them no-cost and low-cost, long lasting ways to incorporate 5210 into existing activities in schools. Through this partnership, Let's Go! reinforces that schools can be leaders for culture change in our communities.

To address the policies, practices, and environments that influence healthy lifestyle behaviors, schools can use our 10 key strategies:

1. Provide healthy choices for snacks and celebrations; limit unhealthy choices.
2. Provide water and low-fat milk; limit or eliminate sugary beverages.
3. Provide non-food rewards.
4. Provide opportunities for children to get physical activity every day.
5. Limit recreational screen time.
6. Participate in local, state, and national initiatives that promote healthy eating and active living.
7. Engage community partners to help support and promote healthy eating and active living at your site.
8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
9. Implement a staff wellness program that includes healthy eating and active living.
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

5210 Goes After School

Why After School?

After school programs have a long history of providing safe and healthy places for diverse groups of children to learn and grow during a critical point in their development. They provide structure, role modeling, knowledge, and motivation, as well as a strong connection to parents and community. After school programs serve youth at a time of day when they are more likely to be inactive and consume less healthy foods. Programs can also serve as a bridge between what children learn at school and the important decisions parents make around physical activity and nutrition at home. This makes after school programs an ideal location to provide and promote opportunities for increased physical activity and healthy eating, and in turn, positively influence children's physical, social, emotional, and academic growth!



What We Do

Let's Go!'s 5210 Goes After School program provides participating sites with a toolkit, online resources, and technical assistance to help guide them in successfully supporting increased physical activity and healthy eating for children and youth.

After school programs come in many different shapes and sizes: there are school based programs, drop-in centers for teens, free-standing organizations like the Boys and Girls Clubs and YMCA's, and more. Each program has its own structure, resources, and location, creating a unique set of challenges for each when it comes to successfully supporting increased physical activity and healthy eating. For this reason, we've designed the 5210 Goes After School program to be flexible, allowing different programs to tailor a plan for success specific to their needs.

To address the policies, practices, and environments that influence healthy lifestyle behaviors, after school programs can use the same **10 key strategies as listed above.**

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