



Creative Living with
 Sheryl Borden
7200 Series
 Foods & Nutrition - Section II



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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 Carol Fenster” is in Section I on page 3, whereas “Trusted Turkey Tips For All Cooks” is in Section II on page 10.

Trusted Turkey Tips For All Cooks

Thawing a turkey properly



Whenever possible, refrigerator thawing is best. However, if you are short on time and need a speedy method, try cold-water thawing. Do not ever thaw a turkey at room temperature, as this allows for bacterial growth and is never recommended.

Refrigerator Thawing:

- * Thaw breast side up, in unopened wrapper, on a tray in the refrigerator.
- * Allow for at least 1 day of thawing for every 4 pounds of turkey.

Cold-Water Thawing:

- * Thaw breast side down, in unopened wrapper, in enough cold water to cover it completely.
- * Change the water frequently to keep the turkey chilled.
- * Estimate a minimum thawing time of 30 minutes per pound for a whole turkey.

No Time to Thaw Your Turkey?

No thawing is needed for an all natural Butterball Fresh Whole Turkey. These turkeys are moist, flavorful, and make meal preparation so much easier. No matter whether you like fresh or frozen turkeys, you'll love the great features available in both:

- * Neck and giblets in plastic bags for easy removal.
- * Unique leg tuck eliminates the need for trussing.
- * Turkey lifter for easy transfer to and from pan.
- * Major leg tendons removed for easier carving.
- * Instruction folder included with each turkey.

Food safety is important

By following these simple food safety guidelines, you can prepare your meals properly and ensure that you and your guests safely enjoy every bite.

Turkey Safety Tips:

- * Thawed turkey may be kept in the refrigerator up to 4 days before cooking.
- * Use paper towels, not cloth, to wipe off turkey and clean up juices.
- * Combine stuffing ingredients and stuff turkey just before roasting, not the night before.
- * Always cook turkey to a minimum of 165°F as measured with a meat thermometer. We recommend white meat be cooked to 170°F and dark meat to



180°F for best eating quality.

Checking for done-ness

Use a meat thermometer

to take the guesswork out of determining when your turkey is done. A meat thermometer is designed to give you an accurate reading for a thoroughly cooked turkey.

Your Turkey Is Done

When the meat thermometer reaches the following temperatures:

- * 180 degrees deep in the thigh. At this temperature, juices should be clear, not reddish pink, when thigh muscle is pierced deeply.
- * 165 degrees in the center of the stuffing, if turkey is stuffed. When the stuffed turkey is done, remove turkey from the oven and let the turkey with stuffing stand 15 minutes.



Any Time is Turkey Time!

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 tablespoon shredded Cheddar cheese
- 1 tablespoon 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.

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Simply Prepared Meals & Menus



Steps to Successful Menu Planning

Planning your meals ahead of time, either by the week or month, gives you a peace of mind when it comes to that dreaded question, "What's for supper?"

You can plan by the week or month. The important thing is to plan ahead and make a list using sale items along with what you have on hand and what your schedule for the week looks like.

Meal planning is rewarding in terms of time and money. It helps you avoid restaurants and fast food establishments, therefore eating and feeding your family healthier.

- Check out the specials on groceries before you determine for sure which recipes you will be making.
- Find your recipes.
- Print or copy recipes you will be using for this week or month. Now you can make a master list of all the ingredients you will need.
- Check and see what you have on hand in the refrigerator, freezer or pantry.
- Divide up your grocery store list and categorize each item. Your grocery list should have sections broken down into meats, vegetables, fruits, spices and other sections of your store. Be sure to have a category for the right containers and wraps that you will be using.
- Be sure to include some fresh veggies or salad makings to go along with your main dish.

Pecan-Crusted Chicken Strips

- 2 lbs. boneless, skinless chicken breast halves
- 2/3 cup honey
- 1/3 cup spicy brown mustard
- 1/4 cup olive oil
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon black pepper



- 1 cup panko bread crumbs
- 1/2 cup pecans, finely ground

Write instructions on bag. Completely thaw in the refrigerator overnight. Preheat oven to 350° F. Shake to combine the panko and pecans; then empty into a plate. Let excess marinade drip off each piece of chicken, then roll in crumbs and place on a greased baking sheet. Bake for 30 minutes, or until chicken pulls apart easily and crust is golden brown.

To freeze. Trim chicken and cut each half breast lengthwise into three strips. Divide chicken evenly into the unlabeled gallon freezer bag. Whisk together honey, mustard, oil, salt, garlic and pepper in a medium bowl. Divide the sauce evenly over the chicken. Squeeze air out and seal the bags. Into quart bag, add panko bread crumbs and pecans; seal. Place bag of chicken and bag of panko mixture into labeled gallon bag. Seal, lay flat and freeze.

Sweet & Spicy "Dump" Pork

- 1 pkg. Taco Seasoning Mix
- 1 jar (8 oz.) apricot jam
- 1 jar (12 oz.) salsa
- 1 1/2 pounds pork chops or loin, cut into 1 inch pieces



For immediate cooking.

Preheat oven to 350° F. Place all ingredients into a large baking dish, turn pork to coat. Bake until center of pork pieces reaches 145 degrees on meat thermometer, 20 to 30 minutes.

Write instructions on bag. Thaw overnight in refrigerator. Preheat oven to 350 degrees. Dump contents of bag into a large baking dish and bake until center of pork pieces reaches 145 degrees, 20 to 30 minutes.

To freeze. Place all ingredients into a one gallon freezer bag. Lay flat in freezer.

**COURTESY: Connie Moyers (ret.)
NM Cooperative Extension Service**



Beans for Health

Today more and more families cook and eat at home to save money. Including beans in your diet not only saves you money, it also promotes good health!

Research links regular bean intake with the following:

- Lower blood cholesterol levels
- Lower body weight
- Higher intake of dietary fiber - both soluble and insoluble

Beans are a quick addition to many recipes. They are slow to digest and the body absorbs their energy gradually so blood sugar levels rise slowly. Beans contain fiber, phytonutrients, vitamins and minerals. *The Dietary Guidelines for Americans* recommends we include more plant-based foods such as beans in our diets. Studies show diets with adequate plant-based foods reduce your risk of the following diseases: heart disease, high blood pressure, some types of cancer and diabetes. Beans are economical and give double-digit returns on nutrition investment. Good news for families today.

Compared to average daily needs, one-half cup portion of beans provides the following:

20% or more of:	10% or more of:	6 to 8% of:
Fiber	Protein	Selenium
Folate	Potassium	Zinc
Manganese	Iron	
	Magnesium	
	Copper	

Banana Bean Muffins

- 3 egg whites
- 1/4 cup + 2 Tbsp. Splenda brown sugar blend
- 1/2 tsp. vanilla extract
- 2 large ripe bananas mashed (about 1 cup)
- 1/4 cup vegetable shortening
- 1 cup water
- 1 cup of pureed cooked white beans, no salt added
- 1 cup each whole wheat flour and all-purpose flour (or 2 cups all-purpose)
- 2 tsp. baking soda
- 1/2 tsp. ground cloves
- 1/2 tsp. nutmeg

Preheat oven to 350° F. Mix pureed beans and mashed bananas in a bowl. Once mixture is smooth, add vegetable shortening and mix until smooth. Add sugar and water. Meanwhile, sift together flours, baking soda, cloves and nutmeg. Add to bean and banana mixture. Stir to moisten but do not over mix. In a separate bowl, whisk egg whites until soft peaks form and then fold eggs into batter. Spray muffin tins with non-stick spray or line with paper liners. Fill each muffin tin two-thirds full. Bake for 18-20 minutes or until done. Yields 20 muffins.

Bean and Olive Tapenade

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

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

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

COURTESY: Jeane Wharton
US Dry Bean Council
www.usdrybeans.com

G-Free Foodie Club & Recipes

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 and more, along with recipes, serving suggestions and a little gift from us.

You can join on a monthly basis, or choose 3 Month, 6 Month or 1 Year Memberships, simply select your membership term. You can also send the G-Free Foodie Box as a gift - what could be better? Join Now! For more information, go to the website (below.)



G-Free Foodie Box Club Monthly Subscriptions:

Gluten Free or Gluten Free + Dairy Free: \$29;

Gluten Free + Nut Free, Paleo/Grain Free, Organic/non GMO or Top 8 Allergen Free: \$34.

Gluten Free Fudge Brownies

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



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

TIP : For more chocolately flavor add 1/2 cup chocolate chips.

Gluten Free Fig Layer Bars

Filling

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

Crust and Topping

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



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

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

Gluten Free Caramelized Onion & Prosciutto Pizza

For the Pizza:

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

For the Caramelized Onions:

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

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

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

Bacon & Sage Roast Chicken

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

Preheat the oven to 425° F. Remove the chicken giblets. Rinse the chicken inside and out. Remove any excess fat and leftover pinfeathers and pat the outside dry. Use about 3/4ths of the shallots and half of the sage to create a bed for the chicken in a large roasting pan, place the chicken on top. Liberally salt and pepper the inside of the chicken. Stuff the cavity with the remaining sage and shallots, reserving one nice looking sprig of sage to garnish the chicken. Drizzle the olive oil over the chicken to coat, and sprinkle with paprika, salt and pepper. Tie the legs together with kitchen string or a roasting band and tuck the wing tips under the body of the chicken. Lay the bacon slices over the chicken to cover. Roast the chicken for 1 hour. If the bacon looks crispy, remove the bacon slices from the top of the chicken and set aside. (If the bacon isn't crispy, check it again in 5-7 minutes and remove.) Continue roasting the chicken for an additional 1/2 hour, or until the juices run clear when you cut between a leg and thigh. Remove from the oven and tent with foil for 5-10 minutes. *If you'd like to make a pan gravy, see directions below. Place the chicken on a platter for serving, replacing the bacon and adding the fresh sage for garnish.

*For Pan Gravy:

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

COURTESY: K. C. Pomeroy
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Fish: It's So Versatile

Chile Verde Tuna Enchiladas

- 2 cans (5 oz. each) drained or 1 pouch (5 oz. **or** 6.4 oz.) tuna
- 1/2 cup sour cream
- 1 cup low-fat cottage cheese
- 1/2 cup chopped green onions
- 1 teaspoon garlic salt
- 1 dozen (9") flour tortillas
- 1 can (28 oz.) green chile enchilada sauce
- 1 cup jack cheese
- 1 cup cheddar cheese

Preheat oven to 350° F. Combine tuna, sour cream, cottage cheese, onions and garlic salt. Fill tortillas with tuna mixture and roll (about 1/3 cup each). Arrange tortillas in 9"x13" baking dish. Pour green chile enchilada sauce to cover. Top with cheeses. Bake at 350° F for 20 minutes or until hot and bubbly. Serve with Spanish rice and refried beans if desired.



Tuna Apple Salad Sandwich

- 1 Fuji or Pink Lady Washington apple
- 1 (12-oz.) can or pouch chunk light tuna, drained
- 2 Tbsp. low-fat plain yogurt
- 2 Tbsp. fat-reduced mayonnaise
- 1/2 cup raisins or chopped figs
- 1/4 cup chopped walnuts
- 1/8 tsp. ground black pepper
- 2 Tbsp. chopped fresh parsley, optional
- 1/2 tsp. curry powder, optional
- 8 leaves lettuce (Bibb, Romaine, green or red leaf)
- 8 slices whole grain bread

Cut apple in quarters; remove core and chop. In a medium size bowl, mix all salad ingredients, except tuna. Gently fold in tuna. Make sandwiches, using lettuce and whole grain bread (toasted, if desired), and fill with tuna apple salad.



Avocado Tuna Dip

- 1 can (12 oz.) drained or 2 pouches (5 oz. **or** 6.4 oz. each) tuna
- 1 large ripe avocado, peeled and pitted
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 2 teaspoons freshly minced onion
- 4 drops hot pepper sauce
- Crackers or fresh cut vegetables (optional)

In a medium bowl, flake tuna and gently fold in remaining ingredients, except crackers. Serve with crackers, fresh cut vegetables or use as a sandwich filling.



Create an original and festive holiday serving dish by using the hollowed-out avocado shells to hold the dip. Serve with your favorite crispy vegetables.

Easy Salmon Cakes

- 1 (5-oz.) can or pouch skinless and boneless pink salmon
- 1/4 cup finely chopped red bell pepper
- 1/4 cup finely chopped green onions
- 1/4 cup mayonnaise
- 1 Tbsp. freshly squeezed lemon juice
- 1/4 teaspoon seasoned salt
- 1/2 teaspoon garlic powder
- Dash cayenne pepper
- 1 large egg, beaten
- 1 cup seasoned breadcrumbs
- 3 Tbsp. butter

In bowl, combine red pepper, green onions, mayonnaise, lemon juice, seasoned salt, garlic powder and cayenne pepper. Stir in salmon, egg and 1/3-cup breadcrumbs (mixture may be sticky). Divide and form mixture into 4 balls. Roll salmon balls in remaining breadcrumbs; flatten into cakes about 1/2-inch thick. In skillet, melt butter over medium heat. Fry salmon cakes 3 to 4 minutes per side or until golden brown.



Serving Suggestion: Dollop these cakes with an easy Lemon Dill and Chive Sauce. Simply combine 1/3 cup of sour cream with a pinch of lemon zest and 1 teaspoon **each** of fresh dill and chives.

Lemony Shrimp with Asparagus

- 8 oz. dried whole wheat blend thin spaghetti **or** Angel hair pasta
- 3 Tbsp. extra virgin olive oil, divided
- 4 garlic cloves, minced
- 1 bunch asparagus (about one pound), trimmed and cut into 1-inch pieces
- 1 lb. medium or large raw shrimp (26-30 count), shelled and deveined
- 1 Tbsp. lemon zest (zest from one lemon grated on the small holes of a box grater)
- 3/4 cup all-natural chicken broth

- 1 tsp. cornstarch
- 3 Tbsp. lemon juice (juice from one lemon)
- 1 2/3-oz. bunch fresh basil, cut into thin strips (about 1/2 cup)
- 1/4 cup grated Parmesan cheese
- 1/4 cup toasted pine nuts
- Kosher salt and freshly ground pepper to taste

Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions. Drain and set aside. While the pasta is cooking, heat two tablespoons oil in a large nonstick skillet or Dutch oven over medium heat. Add the garlic and cook until golden, about 30 seconds. Add the asparagus and cook, stirring frequently, until the asparagus is crisp-tender, about 3 minutes. Push the asparagus to the side, add the remaining oil, and raise the heat to medium-high. Add the shrimp and lemon zest and cook for 2 minutes. Whisk together the chicken broth and cornstarch and add to the pan with the lemon juice and basil. Raise the heat to high and simmer, stirring constantly, for 1 to 2 minutes. Divide the pasta evenly among four pasta bowls and top with the shrimp mixture. Top with the Parmesan cheese and pine nuts, and season with salt and pepper to taste.



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Foods & Nutrition Guests

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