



Creative Living with
Sheryl Borden
7300 Series
Foods & Nutrition - I



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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, "Gazpacho" is in Section I on page 3, whereas "Home Baking Assn." is in Section II on page 12.



Gazpacho

What is Gazpacho?

Gazpacho is a cold vegetable soup with tomatoes as the main ingredient. It is believed that Gazpacho originated in Spain, specifically the Andalusia region in the South part of Spain. There are many versions and regardless of where it comes from, we Americans have taken a liking to this “liquid” vegetable salad and embellished it with our own unique touches.

Unfortunately, for the gluten-free community, many gazpachos are made with bread as a thickener. In fact, it's a great way to use up stale bread. But bread isn't necessary for a smooth, satisfying texture so I never use it. Most gazpacho recipes start with fresh tomatoes, but my version offers a time-saving shortcut by using canned tomato juice. Gazpacho can also include other vegetables such as bell peppers, onions, and so on. Some recipes contain fruits such as watermelon, cantaloupe, peaches, or grapes. My particular recipe adds celery and cucumber.

What are the Health Benefits of Gazpacho?

Gazpacho is like eating a chunky, liquid salad. Since tomatoes are the major ingredient, gazpacho is high in lycopene which has cardiovascular benefits. Cucumbers are a good source of Vitamin C and reduce fluid retention, a good thing in hot weather. Celery provides good fiber and potassium, which is good for blood pressure.

Why is this a Small Gazpacho Recipe?

Research shows that more and more people live in small households, so I have down-sized this recipe to serve two, but you can double it to serve four if you wish.

Is Gazpacho an Entrée or An Appetizer?

It can be both. As a main dish, I serve it in Margarita glasses for a pretty effect, but you can serve it in soup bowls. Or, for appetizers serve it in little shot glasses or small coffee cups.



Quick & Easy Gazpacho for 2

Preparation time: 5 minutes

Chilling time: 1 hour

- 1 1/3 cups canned tomato juice, divided (two 5.5-ounce cans), divided
- 2 tablespoons chopped onion
- 1/4 to 1/2 jalapeno, seeds and veins removed, coarsely chopped (or to taste)
- 1 small garlic clove, chopped
- 1 1/2 teaspoons fresh lime juice
- 1/4 English cucumber, diced, plus very thin half-slices for garnish
- 1/2 celery rib, finely chopped
- 1 1/2 tablespoons chopped fresh cilantro, divided

In a food processor, puree 3/4 cup of the tomato juice along with the onion, jalapeno, garlic, and lime juice. Transfer to a large bowl and stir in the cucumber, celery, 2 tablespoons of the cilantro, and the remaining tomato juice. Divide evenly among two soup bowls or goblets and chill for at least an hour to let the flavors meld. Serve chilled, garnished with a half-slice of cucumber and the remaining cilantro as garnish. Serves 2. (This recipe can be doubled.)

COURTESY: Carol Fenster
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DAIRY MYTHS VS. DAIRY TRUTHS

MYTH

Homogenization is a chemical process that destroys the nutrients in milk.

TRUTH

Homogenization is a mechanical process, and it has no effect on the nutrient package of milk.

MYTH

Alternatives like almond, soy, coconut and rice milk are healthier than dairy milk.

TRUTH

Milk alternatives use lots of additives to try to match the taste and nutritional profile of real milk.

MYTH

Milk is full of dangerous hormones.

TRUTH

Milk only contains small amounts of harmless hormones, most of which occur naturally.

MYTH

Milk is just for kids.

TRUTH

Dairy contains nine nutrients that are essential for both kids and adults.

DAIRY MYTHS VS. DAIRY TRUTHS

MYTH
Pasteurization destroys
the nutrients in milk.

TRUTH
Pasteurization kills germs, not nutrients.

MYTH
Dairy farms are bad for
the environment.

TRUTH
Dairy farmers are careful to ensure they don't damage the
air, water and soil around them.

MYTH
Milk is full of antibiotics.

TRUTH
If milk tests positive for even the slightest amount of antibi-
otics, it is safely discarded and never reaches the store.

MYTH
Dairy cows are mistreated.

TRUTH
Dairy farmers work hard 365 days a year to make sure their
cows stay healthy and happy.



.....Love your Heart.....

DAIRY'S TRIO OF NUTRIENTS

Low-fat and fat-free milk, cheese and yogurt boast a trio of nutrients.

CALCIUM, POTASSIUM AND MAGNESIUM

Studies show these nutrients have benefits for your heart, specifically lowering blood pressure.

Health Professionals Agree:

The **DASH diet** (*Dietary Approach to Stop Hypertension*) and **Dietary Guidelines for Americans** support getting your three every day of dairy.

The **DASH diet is rich in the trio of nutrients** - eating low-fat and fat free dairy, fruits and vegetables as the DASH diet recommends provides about 2 to 3 times the nutrients most Americans get.

Consuming a **DASH diet has been shown to have beneficial effects** on blood pressure - in both kids and adults - and is simple to follow and yummy to eat.

COURTESY: Sarah Ryan
Dairy MAX
www.dairydiscoveryzone.com

Ca

K

Mg

What's up with Potassium?

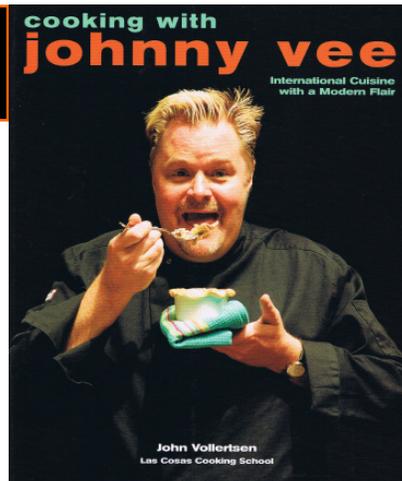
Potassium helps our bodies regulate fluid and minerals and is integral in healthy blood pressure. Did you know one glass of milk has the same amount of potassium as one small banana? Get your three servings of dairy daily to get enough.

What do the Dietary Guidelines and MyPlate say?

Enjoy 3 servings of low-fat or fat-free milk, cheese or yogurt each day. Make dairy, fruits, vegetables a part of your plate every day.



New Mexico Favorites



Great Guacamole

The buttery rich flavor of avocados and the natural health benefits from eating them, make this recipe a "must" to have on hand. Full of vitamin E, potassium, magnesium, fiber and those heart-healthy monounsaturated fats, everything about avocados is great. Hence the name great guacamole.



- 2 ripe Haas avocados
- 2 tsp. fresh lime juice
- 1/2 tsp. kosher salt
- 2 garlic cloves, minced
- 1 Roma tomato, finely diced
- 1/4 cup onion, finely chopped
- 1 large jalapeno, minced
- 2 scallions, fine chopped white and green parts
- 3 Tbsp. fresh cilantro, stemmed and chopped

Halve and pit avocados. Scoop out flesh into medium bowl. Using two dinner knives cross cut avocados into small 1/2 inch pieces. Add lime juice, salt, and garlic and mix slightly. Fold in tomato, onion, scallions, jalapeno and cilantro. Cover guacamole with plastic wrap that has been pressed right onto the surface of the avocado and refrigerate. This will keep it from browning for up to three days. Makes 2 cups.

Charred Salsa Roja

- 3 medium, ripe tomatoes
- 1/4 medium white onion
- 1 jalapeno
- 2 garlic cloves
- 1 Tbsp. fresh squeezed lime juice
- 1 Tbsp. fresh cilantro
- 1/2 tsp. red wine vinegar
- 1/2 tsp. salt



Stem tomatoes, slice in half and place on hot grill with onion, jalapeno and garlic. Grill for 10 minutes or until nicely charred. Peel and seed jalapeno. Peel garlic cloves. Put jalapeno, tomato, onion and garlic in blender with remaining ingredients and puree until smooth. Chill and serve. Makes 1 1/2 cups.

Sopaipillas

Makes about 24 small puffs

- 2 cups all-purpose flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 2 tsp. lard, vegetable shortening, or butter
- 1 1/2 tsp. active dry yeast (optional)
- 1/4 cup warm water (110°F, 45°C)
- about 1/2 cup milk at room temperature
- vegetable oil for deep-frying



Combine the flour, baking powder, and salt in a medium-size bowl, and cut in the shortening until the mixture resembles coarse cornmeal. Dissolve the yeast in the warm water in a small bowl and add cooled milk, stirring well. Add some of the milk to the dry ingredients and work into the dough. Add more liquid gradually until the dough is firm and springy and holds its shape. Knead dough thoroughly, about five minutes, until smooth, firm, and elastic. Invert a bowl over dough and let rest for 10 minutes or until dough is softened. Heat three to four inches of oil in a deep-fat fryer until it reaches 375°F (350° at high altitude). Work with one-half of the dough at a time, keeping the balance well covered with the bowl. Roll a section to 1/8 inch thickness, then cut into triangles or 2 1/2 inch squares; DO NOT reroll any of the dough. Fry sopaipillas a few at a time, they should puff up and become hollow soon after they are immersed in the oil. If they don't puff up, keep hold under the surface of the oil with tongs or spoon until they do puff. Drain on paper towels.

The Art of the Artichoke

ARTICHOKE RAVIOLI

- 1 recipe pasta dough, see below or package of Won Ton wrappers
- 1 Tbsp. olive oil
- 1 cup artichoke hearts, diced (fresh, canned or frozen)
- 2 garlic cloves, minced
- 1 cup whole milk ricotta cheese, drained
- 1/4 cup grated Parmigiano Reggiano cheese
- 1/4 cup minced parsley
- 1 tsp. salt
- 1 tsp. freshly ground pepper
- 1 egg, beaten

For the filling:

Heat olive oil in medium saucepan and saute artichoke hearts and garlic until slightly browned. Place artichokes in medium bowl and add ricotta, parmesan, parsley, salt and pepper. Mix to combine.



Pasta Dough:

- 2 cups all-purpose flour
- 3 extra large eggs

Place flour in a food processor fitted with metal blade. Mix eggs together in small bowl and add to flour and all at once. Pulse-mix the dough until it forms a ball. Remove dough from bowl, being careful of processor blade, knead briefly and wrap in plastic wrap and allow to rest for 15 minutes.

LEMON & PARMESAN CREAM SAUCE

- 2 cups heavy cream
- 4 garlic cloves, minced
- 1/4 cup vermouth
- 2 tsp. lemon zest
- 1/2 cup grated Parmigiano Reggiano cheese
- Pinch of ground nutmeg



Kosher salt and fresh ground pepper to taste

Place cream and garlic in medium saucepan and bring to a boil. Reduce to simmer and allow to cook until cream has reduced to 1 cup. Whisk in vermouth, lemon zest, cheese and nutmeg and cook until sauce has thickened and cheese has melted. Season with salt and pepper. To finish: Divide pasta dough into 4 portions and wrap the unused portions in plastic wrap to prevent drying. Using a pasta machine, roll dough into long sheets with the thinnest setting possible without the dough tearing. Cut 2-inch circles of dough and place one teaspoon of artichoke/ricotta filling in center of dough. Brush perimeter of ravioli with egg wash and place another circle of dough over filling. Pinch tightly to seal seam. Place on flour dusted sheet until ready to cook. Repeat until all the dough has been filled. Cook ravioli in gently boiling salted water until tender, about 5 minutes. Drain and toss in sauce. Serve immediately on warm plates.

LEMON ARTICHOKE & FENNEL SALAD WITH SHAVED PARMESAN

- 2 cups artichoke hearts, thinly sliced (fresh or canned)
- 1 large fennel bulb, trimmed and thinly sliced*
- Juice of 1 lemon
- 2 tsp. extra virgin olive oil
- 2 oz. Parmigiano Reggiano, thinly shaved
- Sea salt and fresh ground pepper to taste



Toss all ingredients except the Parmesan in a medium bowl. Gently add Parmesan and scatter salad on serving platter. Season with salt and pepper and serve immediately. Serves 4.

***Gadget Gab** - There are a variety of mandolins available that make this job a breeze. The thinner the slices of fennel, the more delicate the salad will be. I prefer the Rosle mandoline and recommend using a Mani-Kare cut resistant glove to protect those fingers.

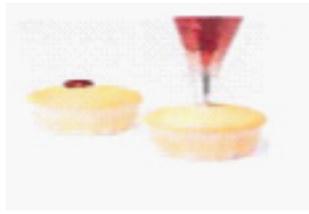
COURTESY: John Vollertsen
Las Cosas Cooking School
www.chefjohnnyvee.com

Cupcake Basics

Filling a Cupcake

Step 1:

Prepare a decorating bag with your icing filling and round decorating tip #230. Insert tip in top center of an uniced cupcake and squeeze out a small amount of filling. Or, use the Wilton Dessert Decorator, which includes a filling tip and an easy-to-control cylinder for adding just the right amount.



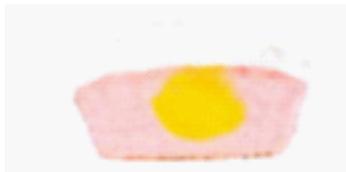
Step 2:

Cut open your cupcake or take a bite and find a yummy surprise!



Step 3:

For lemon meringue filling. We've made this favorite pie portable! Use your favorite lemon pie filling in a disposable decorating bag fitted with tip #230. Insert the tip in the top of cupcake and squeeze. For the top, pipe with tip #1M. Place cupcake in 375° F. oven until top is light brown.



Step 4:

For Raspberry Mousse Cupcake Filling. A great flavor match with chocolate cupcakes! Use your favorite raspberry mousse recipe in a

disposable decorating bag fitted with tip #230. Insert the tip in top of cupcake and squeeze. Cover top with tip #1M swirl in raspberry mousse.



Step 5:

For Peanut Butter and Jelly Cupcake Filling. A flavor combination filled with memories. Attach tip #2A to two disposable decorating bags. Fill one bag with creamy peanut butter and one with your favorite jelly. Insert tip in top of cupcake, filling first with peanut butter, then with jelly. Cover top with tip #1A swirl in buttercream.



How to Spatula Ice a Cupcake

Step 1:

Place a dollop of icing at the center of the cupcake.



Step 2:

Spread icing across the top, pushing toward the edges. For a smooth look, run the spatula edge across the top.

Step 3:

For a fluffier look, lightly touch the iced surface with the spatula blade and lift up.



Applying #1M Swirl

Step 1:

Hold tip #1M approximately 1/2 inch above cupcake top at a 90 degree angle to cupcake surface. Squeeze out icing to form a star.



Step 2:

Without releasing pressure, raise tip slightly as you drop a line of icing around the star in a tight, complete rotation.



Step 3:

After completing the first rotation, move tip toward center and up and around to make a second spiral around the inside edge of the first spiral.



Step 4:

Release pressure to end spiral at center of cupcake.



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 direc-

tions. 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.

**COURTESY: Nancy Siler
Wilton Brands
www.wilton.com**

Rio Star Grapefruit & Quinoa Salad

- 1 Texas Rio Star Grapefruit, sectioned
- 1 Texas Orange, sectioned
- 8 thin slices fresh ginger
- 1/4 cup extra-virgin olive oil
- 3/4 cup quinoa
- 1/2 tsp. kosher salt, plus additional for seasoning
- 1 Tbsp. white wine vinegar
- 2 tsp. honey
- 1 small serrano or jalapeno chile, minced (with seeds for maximum heat)
- 2 scallions (both white and green parts), minced
- 2 carrots, peeled & diced
- 2 Tbsp. chopped fresh cilantro leaves
- Freshly ground black pepper

Strip the peel from the grapefruit with a vegetable peeler, taking care not to include the bitter white pith. Warm the grapefruit peel, ginger, and olive oil in a small saucepan over medium heat. As soon as the oil starts to bubble, after about 2 minutes, remove from heat. Set the oil aside to steep for 30 minutes. Strain and reserve the oil. Meanwhile, rinse the quinoa in a

bowl and drain. Put the quinoa in a small saucepan with 1 1/2 water and 1/2 teaspoon salt. Boil over high heat, and then reduce heat to maintain a gentle simmer and cook, uncovered, for 15 minutes. Set aside off the heat, undisturbed, for 5 minutes. Transfer the quinoa to a bowl and fluff with a fork. Cool. Segment the grapefruit over a bowl, reserving the segments and juice separately. Whisk 3 tablespoons of the grapefruit juice with the vinegar, honey, and salt to taste in a medium bowl. Gradually whisk in 3 tablespoons of the reserved grapefruit oil, starting with a few drops and then adding the rest in a stream to make a slightly thick dressing. Season with pepper to taste. Toss quinoa with the dressing, chiles, scallions, carrots and cilantro. Season with salt and pepper, to taste. Toss the grapefruit segments into the salad, divide among 4 plates. Serve warm or at room temperature. 4 servings.

Serving suggestion: this salad is delicious served with grilled salmon.

**COURTESY: Eleisha Ensign
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California Figs

Prosciutto, Mozzarella and Fig Salad with Arugula

Figs and Prosciutto, savory and sweet, they're a match made in heaven! Add some fresh mozzarella, peppery arugula and balsamic dressing, and this salad will make you swoon with every bite.



For the dressing:

- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. balsamic vinegar
- 1/2 Tbsp. fresh squeezed lemon juice
- 1/8 tsp. kosher salt
- fresh black pepper, to taste

For the Salad:

- 5 cups baby arugula
- 4 ripe figs, quartered
- 4 oz. fresh mozzarella, sliced and torn into pieces
- 2 oz. thin sliced prosciutto, torn into pieces
- 8 to 10 small fresh basil leaves

Combine the oil, balsamic, lemon juice, salt and pepper and whisk. Place the arugula on a large platter, top with prosciutto, cheese, basil and figs and drizzle with dressing.

Overnight Oats with Figs and Honey

- 1/4 cup quick oats*
- 1/2 cup unsweetened almond milk (or skim, soy)
- 1/2 Tbsp. chia seeds
- 1 fresh fig, sliced
- 1 Tbsp. chopped pecans (or any nut)
- 1/2 Tbsp. raw honey

* check labels for gluten-free.

Place the oats, milk and chia seeds in a jar or a container with a lid; stir, cover and let it sit 1 to 2 hours, or refrigerate overnight. Place in a bowl, (I prefer it room temperature or you can heat it up) top with figs, honey and chopped nuts. Serves 1.

For more delicious recipes, go to <http://kenw.org/post/recipes-california-fig-advisory-board> or to California Fig's website at: www.californiafigs.com.



COURTESY: Karla Stockli
& Kris Caputo
California Fig Advisory Board
www.californiafigs.com