



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



Table of Contents

Foods & Nutrition

Gazpacho	I-3
Dairy Myths vs Dairy Truths.....	I-4
Dairy's Trio of Nutrients	I-6
New Mexico Favorites	I-7
The Art of the Artichoke	I-8
Cupcake Basics.....	I-9
Rio Star Grapefruit & Quinoa Salad	I-10
California Figs.....	I-11
Home Baking Assn.	II-12
Dough Sculpting 101	II-13
The Thrill of Skill	II-15
Play Clay	II-16
Princess Cutout Cookies	II-17
Freekeh Foods	II-18
G-Free Foodie Club & Recipes	II-20
What Makes Fuel Up to Play 60 Unique?.....	II-21
Easy Ways to 'Kick up' Nutrition	II-23
Guests	II-24

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.



The Home Baking Association (HBA) web site is a valuable resource for educators, parents, community service volunteers, scratch-bakers and anyone else interested in baking. You will find recipes, activities, lesson plans and other valuable resources that help you at home, in the kitchen, or in the classroom.

The HBA mission of “growing the practice of home baking” could not be more timely due to economic conditions and other societal changes. The fact is more meals are being prepared at home, and this organization is at the forefront in sharing our tools and knowledge to not only current bakers, but future generations as well.

Refrigerator Potato Dough
 Dough Preparation Time: 30 minutes Fermentation Time 1 hour Baking Time: 10 to 12 minutes
 Yields: 3 lb. 12 oz. dough. 3 dozen (1.75 oz./48g) rolls; OR three 1.25 lb/565g dough pieces

Ingredients:

- 6 1/2 to 7 cups Unbleached all-purpose flour*
- 1/2 cup Warm water (95° F.)
- 4 1/2 tsp. (2 pkg.) Active dry** yeast
- 1/2 tsp. Sugar
- 1 1/2 cups Milk, scalded, cooled (72° F.)
- 1/2 cup Butter
- 1/2 cup Sugar
- 2 1/2 tsp. Salt
- 1/3 cup Mashed potato, unseasoned***
- 2 large or 3 medium whole eggs
- 1 1/2 tsp. Citrus zest, optional

*For whole grain option replace 4 cups (16 oz.) all-purpose flour with whole wheat flour
 **Fast-rising or instant yeast may be used. Combine yeast with flour; combine water and milk (72° F); add together
 ***1 small potato, white, yellow or sweet; cooked, peeled and mashed or equivalent potato flakes or flour

Mix warm water, yeast and 1/2 teaspoon sugar in small bowl. Set aside 5 minutes. Heat milk in microwave until steaming hot (190° F.). Pour milk into large mixing bowl; add butter, 1/2 cup sugar, and salt; mix. Cool to 80° F. or cooler.

When milk mixture is cooled, stir in dissolved yeast, mashed potato and eggs. Gradually add 4 cups flour (if using whole wheat flour, add it first). Beat at medium speed 3 to 5 minutes until smooth. Cover bowl and let dough rest 15 minutes. Mix in remaining flour until dough forms a rough ball. Place dough on lightly floured surface; knead about 10 minutes until smooth and elastic OR mix with dough attachment on medium speed until dough cleans the bowl, about 7-10 minutes. If dough is too dry, mix/knead in 1-2 tablespoons water. Target dough temperature: 78° F. or cooler. Place dough into large greased bowl; turn dough; greased-side is up. Cover bowl with sealing lid or put dough in a very large (2 gallon) plastic food storage bag sprayed with vegetable spray. Force out air and seal at top of bag leaving room for dough to raise. (If freezing, divide into three equal discs, wrap and freeze.) Refrigerate dough, deflating dough after about an hour; round dough into a ball, smooth side up. Refrigerate until ready for shaping; dough will keep in refrigerator one to three days; deflate dough again if needed. Divide dough into thirds (1 to 1.25 pound each) and shape each into a smooth ball. Cover to rest 5-10 minutes. Sculpt each 1 to 1.25 pound piece into... a dozen rolls, a loaf or braid, snail or buns. Follow oven preheating and baking instructions for each product. Loaves, 350° F., 25-30 minutes; Rolls, 375° F., 12-15 minutes (190-210° F., at center)

Dough Sculpting 101

Tips for Shaping Success

- **Wash hands and surfaces well**
- **Select up to three options** to prepare with each third (1 1/4 lb.) of the Refrigerator Potato Dough (recipe on previous page).
- **Shaping:** Divide Refrigerator Potato Dough recipe (or favorite dough, making 3 to 3 3/4 lbs.) evenly into dough pieces as directed by the option chosen. Place same-sized products on the same pan, spacing as directed.
- **Everyone will want their own edible art...** Tuck a small piece of paper with the baker's initials under the edge of their dough art before baking OR, bake on parchment paper with name noted by the product.
- **Baking:** Cover each pan of shaped dough lightly with sprayed or oiled plastic wrap. To proof, place in warm (95-105° F.), draft-free area until double in size, about 45 minutes. Bake as directed. If edges become too brown, lay a piece of aluminum foil lightly (tent) on baking dough. Internal temperature when done is 190-210° F. Cool on wire racks.

Edible Art

Single Knot Rolls, bake 12-15 minutes at 375° F.

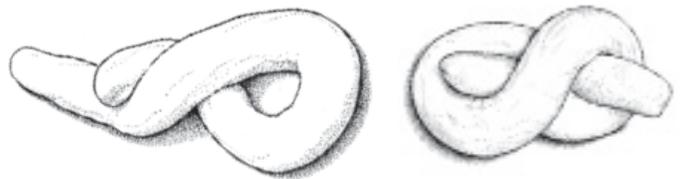
1. Cut a 1 to 1 1/4 lb. dough piece into 12 even pieces. Roll each piece into a log roughly 4 inches long.
2. Tie the dough in a simple knot, leaving one end in the center of the top and tucking the other underneath.



Double Knot Rolls, bake 12-15 minutes at 375° F.

3. Place on a lightly greased or parchment-lined baking sheet. Cover, proof and bake.

1. Cut a 1 to 1 1/4 lb. dough piece into 12 even pieces. Roll each piece into a rope 8-inches long. Make a loop with the top half of the dough, giving the closed end a half-inch overlap of dough.
2. Turn this loop over so the long piece is on top. Wind the long piece behind the overlap, and bring the end back up through the loop to make a figure 8.
3. Place on a lightly greased or parchment-lined



baking sheet. Cover, proof and bake.

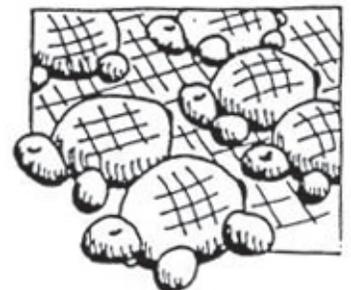
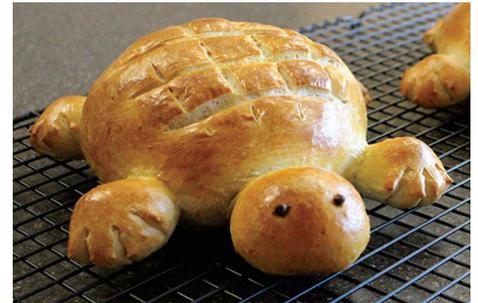
Sculpt Cookies, too!

Recipes and how-to-shape on Dough Sculpting 101 DVD available at www.homebaking.org.

Critters

Turtles

1. For each turtle: form a large egg-sized piece of dough into a smooth ball.
2. Place on a lightly greased baking sheet and flatten slightly with hand.
3. Add a small piece of dough for head, four smaller pieces for legs, and an even smaller piece for a tail. Tuck the pieces slightly under the edge of the body.
4. Pinch end of tail and legs to form a point. Press well to seal into position on body.
5. With kitchen scissors, clip into head dough piece to form eyes and mouth. Insert raisins for eyes.
6. With a serrated or sharp knife, make shallow



cuts lengthwise and crosswise across "shell" to form the turtle's markings.

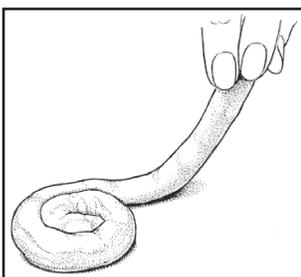
7. Cover and let proof until double. Preheat oven to 400° F. Brush with egg wash if desired. Bake for 15-18 minutes or until golden. The turtle should sound hollow when tapped.

Loaves and Braids

For these shapes, use a one to 1 1/4 lb. piece of the Refrigerator Potato Dough or a favorite sweet yeast dough recipe.

Snail – Traditional Pao Doce shape

1. Grease one 9 x 1 1/2-inch round baking pan per 1 to 1 1/4 lb. dough piece.
2. Roll one dough piece into a 25 x 1 1/2-inch



dough rope. Starting in center of pan, twist the rope of dough while coiling it into a snail shape. Tuck the end under; pinch with fingertips to seal together. Hold one end down, then wind the other around it to form a spiral or snail shape.

3. Cover shaped dough and proof in a warm (95°-105° F.) place until doubled in size. Preheat oven to 350° F. and bake loaf 30-35 minutes. **Options:** Tuck currants or snipped raisins into the snail while shaping.

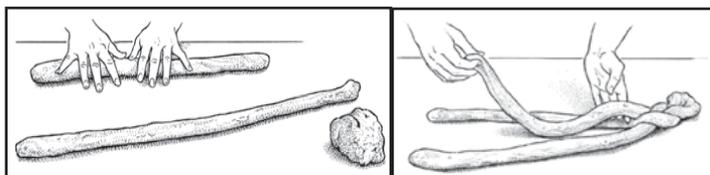
Wreath

1. Pinch three 7 oz., 25-inch ropes of dough together at one end, and lay out as shown.



2. Take the left outside rope and lay it at the inside of the right two strands. Next take the right outside rope and move it to the inside left. Repeat the process, moving the outside piece of dough to the inside of the opposite side, until all dough is braided.

3. Pinch ends together to seal. Cover and proof; bake at 350° F., 25-30 minutes.



DVD Table of Topics:

Intro

Tools of the Trade

Refrigerator Potato Dough

Time-Saving Techniques



Tips for Shaping Success

EGG WASH

Just before baking, whisk 1 egg + 1 tablespoon cold water and brush over surface for a shiny coat.

Dough Shapes

- Butterhorn/Crescent/Flip'em
- Clover Leaf & Dinner Rolls
- Single & Double Knot Rolls
- Rosette

Loaves and Braids

- Cheese-Filled Sweet Lattice
- Four-Strand Braid
- Pan and Round Loaves
- Snail
- Wreath

Soft Pretzels Sculpting

- Alligator & Turtle
- Grand Old Flag Bread
- Tom Turkey
- Wheat Sheaf

Cookies

- Huge Scary Spiders
- Teddy Bears

Play Clay Dough

Bread in a Bag

Father Dominic Shaping Videos

- Bambino
- Braided Loaf
- Bread Doneness
- Washes Cookies



Resources included on DVD:

- A Baker's Dozen Labs/Lab 12
- Bread in a Bag Recipe
- Bread Shaping for Fun Directions
- Grand Old Flag Bread Directions
- Tom Turkey Sculpting Directions



COURTESY: Charlene Patton
Home Baking Assn.
www.homebaking.org

The Thrill of Skill

Age-Appropriate Kitchen Tasks

Let older children help teach younger ones - everyone benefits!

2 years old:

- Proper hand washing
- Wipe table tops
- Play with safe utensils
- Scrub, wash, tear, snap, break into pieces
- Move pre-measured ingredients from one place to another
- Add ingredients to a bowl

3 years old: *All of the above plus...*

- Handle dough, begin kneading, simple shaping
- Pour cool liquids into mixture
- Mix dry ingredients with wire whisk or spoon in extra large bowl
- Shake liquids
- Spread soft spreads
- Place things in trash

4 years old: *All of the above plus...*

- Peel loose skinned oranges; hard cooked eggs
- Form round shapes with dough
- Mash fruits (bananas) or cooked vegetables
- Cut with dull scissors (snip green onions, dried fruits)
- Set table.

5 to 6 years old: *All of the above plus...*

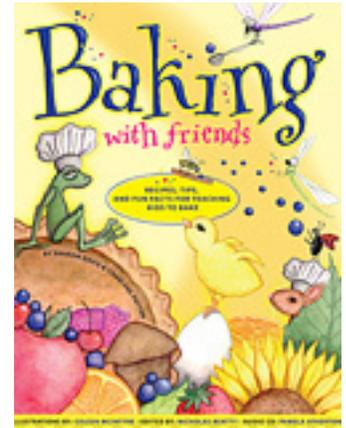
- Help measure dry ingredients (stir, spoon, level) Cut with a blunt knife (plastic or table-ware)
- Use a handheld egg beater or whisk
- Crush crackers in a bag with a rolling pin
- Sprinkle ingredients on salads, cakes, cookies, casseroles



6 to 8 years old: *All of the above plus...*

- Clean surfaces before and after
- Wash fruits and/or vegetables
- Gather ingredients and equipment
- Grease or spray baking pans
- Measure dry ingredients; measure liquid ingredients
- Add measured dry and liquid ingredients into mixing bowl

- Learn to crack eggs
- Cut fruit, butter or margarine sticks on cutting board (plastic or table knife)
- Push buttons on blenders, processors with adult
- Knead dough
- Preheat oven (adults help load products in hot oven)
- Wash dishes, put away ingredients or utensils



9 to 12 years old: All of the above plus...

- Learn safe knife skills (chopping, dicing, and cutting)
- Handle food equipment safely
- Place oven racks and load oven (while oven is cold)
- Safe operation of electric equipment (mixer, microwave, bread machine food processor, etc.)
- Follow a recipe (measure accurately, prepare a product)
- Read ingredient and food labels
- Safely handle/store ingredients/finished products
- Plan and prepare simple meals, snacks
- Clean up (how and what to wash in dishwasher or by hand)

13 years old and up: *All of the above plus.*

- Tasks requiring multiple preparation steps or close timing
- Create new flavor combinations, shapes or decoration
- Plan and prepare whole menus for meals or entertaining
- Make shopping lists and shop for ingredients
- Help younger children learn about food and how to prepare
- Enjoy cooking with peers

**COURTESY: Charlene Patton
Home Baking Assn.
www.homebaking.org**

Play Clay

Prep Time: 15 minutes

Cool Time: 30 minutes

Dry Time: Overnight

Yield: 2 pounds

Ingredients:

- 1 cup Argo® Corn Starch
- 1 pound (2 cups) baking soda
- 1-1/4 cups cold water
- 1 tablespoon Mazola® Corn Oil
- 1 tablespoon food coloring OR 1 to 2 teaspoons paste food color

Directions:

Combine corn starch and baking soda in a medium saucepan. Add water, oil and food coloring; stir until smooth.

Stirring constantly, cook over medium heat until mixture reaches the consistency of SLIGHTLY dry mashed potatoes. (Mixture will come to a boil, then start to thicken, first in lumps and then in a thick mass; it should hold its shape). If Play Clay is overcooked, crafts may crack.

Turn out onto plate and cover with damp cloth; cool.

When cool enough to handle, turn Play Clay onto work surface dusted with corn starch; knead until smooth and pliable. If not using immediately, store completely cooled clay in tightly closed plastic bag or container.

Shape Play Clay as desired by molding into shapes, balls or ropes with hands. Or, roll flat with a rolling pin or press with hands, making pieces of moderate thickness. (Items less than 1/4-inch thick tend to be fragile; very thick pieces often dry unevenly and may crack). Press or etch designs into soft Play Clay. Plan to glue small pieces together (including heads to bodies) rather than press Play Clay shapes together.



Air-dry Play Clay overnight on wire racks, turning occasionally for faster and more even drying. To oven dry: preheat oven to 350°F, then turn oven OFF. Place undecorated items on a wire rack on a cookie sheet. Place in oven until oven is cold. Repeat as necessary.

Decorate with water color, acrylic paints, markers, colored glue, glitter glue or crayons. Let dry completely. If desired coat decorated items with clear acrylic to seal.

Store unshaped Play Clay in an airtight container or heavy plastic bag in a cool place up to 2 weeks. Knead stored clay until smooth before using.

Microwave Method: Stir corn starch and baking soda in 2-1/2 quart microwave-safe bowl. Add water, oil and food coloring and stir until smooth. Microwave at HIGH (100%) uncovered, 2 minutes; stir. Microwave 3 to 4 minutes longer, stirring after each minute until mixture reaches consistency of SLIGHTLY mashed potatoes. Complete using directions above.

**COURTESY: Charlene Patton
Home Baking Assn.**
www.homebaking.org

Princess Cutout Cookies

These are the best sugar cookies we have tasted! These treats remain soft and delicious when baked and do not get hard and crunchy like other sugar cookies. Just the thought of them evokes little girls dressed up in their princess costumes having a tea party and decorating cookies. Dust off your ballerina tutu and go to town!

- 2 1/2 cups all-purpose flour
- 1 cup granulated sugar
- 1 teaspoon baking powder
- 2 large eggs
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 cup (1 stick) butter, at room temperature
- 1 batch Princess Cutout Cookie Frosting (recipe follows)
- 1/4 cup vegetable shortening
- Sprinkles or other decorations

In a small bowl, whisk together the flour, baking powder, and salt. Set aside. Place the butter, shortening, and sugar in the bowl of a stand mixer fitted with the paddle attachment and beat on medium speed until creamy. Reduce the speed to low and add the eggs, one at a time. Add the vanilla. Add the flour mixture, a little at a time, and blend until smooth. Form the dough into a ball and cover tightly with plastic wrap. Chill in the refrigerator for at least 1 hour.

Preheat the oven to 400° F. Remove the dough from the refrigerator and place it on a lightly floured work surface. Roll out to about a 1/8-inch thickness. Cut with a cookie cutter dusted with flour to prevent sticking. Use a spatula to transfer the cookies to ungreased baking sheets (or line baking sheets with parchment paper if you prefer). Bake for 6 to 7 minutes, until the cookies set. Remove from the oven and cool for 1 minute. Transfer to a wire rack to let cool completely. Frost and decorate with sprinkles. Makes about 4 dozen cookies.

Princess Cutout Cookie Frosting

- 2 cups confectioners' sugar
- 1/4 cup whole milk, plus more as needed
- 1/4 tsp. vanilla or almond extract
- Food coloring (optional)

Place the confectioners' sugar in a large bowl. Slowly whisk in the milk until the frosting reaches

your desired consistency (we like it relatively thick.) Add the extract and mix well. If you want colored frosting, add food coloring 1 drop at a time to get your preferred color.

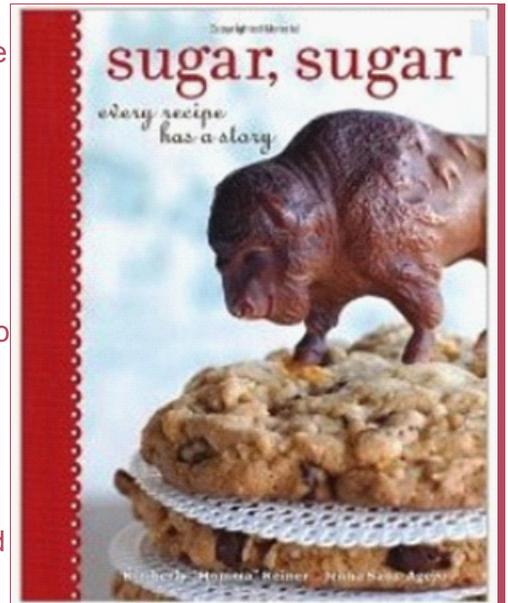
We separate the frosting into three bowls and use different food coloring in

each to make these cookies more festive. We also use a small pastry brush to glaze the cookies. Let the first layer dry, and then add another for stronger color.

SUGAR MOMMAS TIPS

When baking, do not wait for the cookies to brown or they will be overdone.

Silver dragees are now illegal in many states. Get a similar look by using Wilton Pearlized Sprinkles.



**COURTESY: Kimberly Reiner
& Jenna Sanz-Agero
Cookbook authors**

FREEKEH FOODS



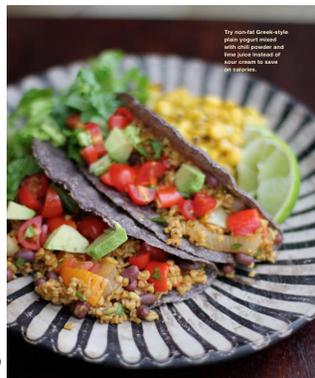
Freekeh? What is that?

So glad you asked! Freekeh is a process which means “to rub” in Arabic. Freekeh was created by accident nearly 2,000 years ago when a Middle Eastern village was attacked and their crop of young green wheat was set ablaze. Most folks would sulk over their misfortune, but the crafty villagers rubbed off the chaff, cooked it up and “Eureka!” Freekeh was created. We’re proud to offer you this tasty, nutritious ancient grain with a funny name.

Freekeh Vegetarian Tacos

- 1 8-ounce package cracked freekeh (1 cup)
(Original or Tamari variety)
- 2 1/2 cups water or vegetable broth
- 1 15-ounce can black beans or small red
beans, rinsed and drained
- 1 14.5-ounce can fire roasted crushed tomatoes
- 1 medium purple onion, diced
- 6 garlic cloves, diced
- 1 sweet red or yellow pepper, diced
- 2-4 Tbsp. extra virgin olive oil
- 1 teaspoon cumin
- 2 Tbsp. chili powder
- 2 Tbsp. fajita seasonings or taco seasoning
a few shakes of hot sauce to taste
blue or white hard corn taco shells or soft corn
tortillas

Pour 2 1/2 cups of water and the freekeh in a saucepan and bring to a boil for 1 minute. Reduce heat to low. Stir in a few spoonfuls of the crushed tomatoes, onion and the fajita seasoning. Cover and simmer for about 25 minutes until the freekeh is tender. While freekeh is cooking, in a separate skillet, heat up olive oil over medium heat. Toss in onion, peppers and garlic. Toss in cumin, chili powder and cook for about 4-5 minutes until the onions are slightly translucent. Add in the beans and tomatoes (including the liquid from the can). Simmer for 4-6 minutes. Once the freekeh is done, add it to the other ingredients and cook for another minute or two. Fill taco shell or burrito wrapper and serve with your favorite toppings. Serves: 6.



Options: Serve with hot sauce, shredded lettuce, salsa, diced black olives and jalapenos. For additional toppings, try diced avocado, diced tomato or fresh squeezed lime.

Freekeh Meatballs with Ground Chicken

for meatballs

- 1 8-ounce package cracked freekeh (1 cup)
- 2-3 Tbsp. olive oil
- 1 small onion, diced fine
- 1 egg, whisked
- 1/4 cup of water or broth
- 1 pound ground chicken, or ground turkey
- 1 tsp. chia seeds (optional)
- 4 tsp. of almond flour or whole wheat flour
- 1 Tbsp. oregano
- 1/4 - 3/4 cup Parmesan cheese
- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 3 Tbsp. tomato paste

for sauce

- 1 24-ounce jar of marinara sauce
- 8 garlic cloves, diced fine
- a dash or two of cayenne pepper or red pepper flakes
- 2 Tbsp. capers
- 1/2 cup of water or broth
- 6 anchovy filets
- 10 fresh basil leaves, chopped

Step 1 - the sauce - In a food processor, mix all ingredients and set aside until meatballs are cooked.

Step 2 – meatballs - In a large bowl, mix all meatball ingredients together kneading them with your hands until everything is evenly blended. If it seems too dry, add a little more water. Take a plum size amount of



the mixture and roll into a ball with both hands. Continue to make the balls and set on a plate. Wash hands thoroughly. Pour about 4 table-
spoons of olive oil in a nonstick skillet on medium heat. Add a few of the meatballs into the skillet using two spoons - careful not to break the meatballs! Only add a

few at a time, so you have enough room to turn them over. Brown them on all sides turning them every 2 minutes or so. Once the meatballs are browned, remove them from skillet and set aside. Repeat until they're all cooked. Place the meatballs in a 9 x 12" nonstick casserole dish. Pour the sauce over the meatballs and cover with aluminum foil creating a tight seal. Place in 375° F. oven and bake for about 45 minutes. After 45 minutes, remove the tin foil. By now, the meatballs should be plump from absorbing some of the liquid. If necessary, add a little more water, place aluminum foil back on and cook another 10 minutes. Makes 14 -16 meatballs.

Warm Breakfast Freekeh

- 1 8-ounce package cracked freekeh (1 cup) (Original variety)
- 2 1/2 cups water (for richer flavor, try cooking in almond milk or coconut milk)
- 2 tsp. vanilla extract
- 1 tsp. cinnamon
- 2 Tbsp. Earth Balance® or butter

Pour freekeh and liquid into a saucepan and bring to a boil for about 1 minute. Add vanilla extract, cinnamon and Earth Balance® or butter. Reduce heat to low. Cover and simmer for about 25 minutes. Serve with fresh sliced fruit and top with nuts. Serves: 4.

Options: You can also add a dollop of yogurt for extra protein and creaminess.



Freekeh Paella

- 1 pack (6 links) spicy Andouille chicken sausage, diced and browned in extra virgin olive oil
- 1 sweet red or yellow pepper, diced
- 1 green pepper, diced
- 10 garlic cloves, diced
- 1 large onion, diced fine
- 1 large fresh tomato, diced fine
- 1 8-ounce package cracked freekeh (Original Variety)
- 2 1/2 cups chicken broth, vegetable broth or water
- 1 10.5-ounce can of clam sauce
- 1 cup frozen peas, thawed
- 14-18 medium to large shrimp, shelled, deveined and rinsed
- 3/4 tsp. saffron
- a few shakes of cayenne pepper
- salt & plenty of fresh cracked pepper to taste
- lemon wedges

Drizzle a little olive oil in a large skillet and heat up on medium. Toss in diced sausage and brown on all sides for about 5 minutes. Once cooked, remove sausage and set aside. Keeping the bits in the same skillet, add diced onions, peppers and garlic. Cook on medium heat until tender. Add a little more olive oil if it



seems too dry. Toss in diced tomato and the spices and cook for about 1 more minute. Add freekeh to skillet and stir, mixing all ingredients thoroughly. Add the sausage, clam sauce, broth and peas. Cover, reduce heat to simmer. Cook for an additional 20 minutes or until the freekeh is tender and the liquid has been absorbed. Add the shrimp, and cook a few more minutes until pink, about 6 more minutes. Garnish with fresh chopped parsley and lemon and serve. Serves: 4-6.

COURTESY: Bonnie Matthews
Freekeh Foods
www.freekeh-foods.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

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. Cornwell
G-Free Foodie
www.gfreefoodie.com

What Makes Fuel Up to Play 60 Unique?



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

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

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

A Comprehensive Approach

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

Powerful Partners



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

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

Customization

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



National Issues, Local Solutions

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

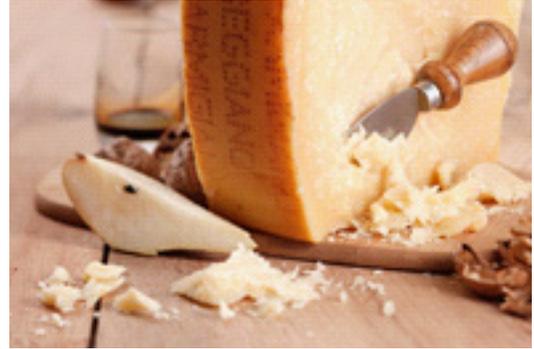
COURTESY: Sara Robbins
DairyMax
www.dairymax.org

Easy Ways to 'Kick up' Nutrition

KALE CAESAR SALAD WITH PARMIGIANO REGGIANO

Flavorful kale makes a superb base for an eggless Caesar salad in this easy recipe. Be sure to coat all the kale with the dressing; use your hands to do the job effectively.

- 2 tablespoons lemon juice
- 1 1/2 teaspoons Dijon mustard
- 4 anchovies, finely chopped
- 2 garlic cloves, finely chopped
- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons grated Parmigiano Reggiano cheese, plus more for garnish (about 1 ounce total)
- 1 (0.75-pound), bunch kale, stems and tough ribs removed, leaves thinly sliced



In a large bowl, whisk together lemon juice, mustard, anchovies and garlic. Slowly whisk in oil until combined and thickened. Whisk in salt, pepper and grated cheese. Add kale and toss for a few minutes to coat all leaves well. Use a vegetable peeler to make ribbons of cheese for topping the salad. Serves: 6.

For more recipes from Whole Foods Market, go to <http://www.wholefoodsmarket.com/recipe/kale-caesar-salad-parmigiano-reggiano>



**COURTESY: Hillori Hansen, Chef
Whole Foods Market
www.wholefoodsmarket.com**

Foods & Nutrition Guests

Kris Caputo

California Fig Advisory Board
600 West Shaw #300
Fresno, CA 93704
559-243-8600
kris@kriscaputo.com
www.californiafigs.com

K. C. Cornwell

G-Free Foodie
516 barsotti Avenue
Madera, CA 93637
559-217-6605
kc@gfreefoodie.com
www.gfreefoodie.com

Eleisha Ensign

TexasSweet Citrus Marketing, Inc.
901 Business Park Drive, Suite 100
Mission, TX 78572
956-580-8004
www.texasweet.com

Carol Fenster

Savory Palate, Inc.
6834 S. University Blvd. #410
Centennial, CO 80122
303-741-5408
carol@carolfenster.com
www.savorypalate.com or
www.carolfenster.com

Hillori Hansen, Chef

Whole Foods Market
650 W. Shaw Ave.
Fresno, CA 93704
559-243-6476
Hillori.hansen@wholefoods.com
www.wholefoodsmarket.com

Bonnie Matthews

Freekeh Foods
2751 Hennepin Ave. #406
Minneapolis, MN 55408
612-240-1408
info@freekeh-foods.com
www.freekeh-foods.com

Charlene Patton

Home Baking Assn.
2931 SW Gainsboro Rd.
Topeka, KS 66614
785-478-3283
hbpatton@aol.com
www.homebaking.org

Kimberly Reiner

Sugar Mommas
P O Box 572153
Tarzana, CA 91356
310-454-2604 (work)
310-405-4212 (cell)

Sara Robbins

DairyMax
P O Box 36377
Albuquerque, NM 87176-6377
505-255-0000
robbinss@dairymax.org
www.dairymax.org

Sarah Ryan

Registered Dietitian Nutritionist
DairyMAX
51 E. Stedhill Loop
Conroe, TX 77384
281-702-4049
ryans@dairymax.org
www.dairydiscoveryzone.com

Jenna Sanz-Agero

Sugar Mammias
P O Box 572153
Tarzana, CA 91356
310-454-2604 (work)
310-405-4212 (cell)
jenna@sugarsugarrecipes.com

Nancy Siler

Wilton Brands
2240 West 75th St.
Woodridge, IL 60517
630-810-2208
630-810-2710
www.wilton.com

Karla Stockli

California Fig Advisory Board
600 West Shaw #300
Fresno, CA 93704
559-243-8600
kstockli@californiafigs.com
www.californiafigs.com

John Vollertsen (Chef Johnny Vee)

Las Cosas Cooking School
231 E. Santa Fe Ave.
Santa Fe, NM 87505
505-988-3394
chefjohnnyvee@aol.com
www.chefjohnnyvee.com