



Creative Living with Sheryl Borden

7400 Series - Foods & Nutrition - Section I



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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Cooking for 2 - Desserts” is in Section I on page 3, whereas “Snack Cakes” is in Section II on page 11.

Cooking for 2 - Desserts

TIRAMISU

I love this Italian dessert for its decadence and creamy smoothness, and it is also super-easy and requires no cooking. Traditional versions use shallow bowls (hard to serve from) and ladyfingers (hard-to-find in gluten-free form). To make things easier, I assemble the dish in two small ramekins and use store-bought cookies as the base. (I like Pamela's Dark Chocolate Chunk or Pecan Shortbread). The usual mascarpone is replaced with regular cream cheese and sour cream so you don't have leftover mascarpone.

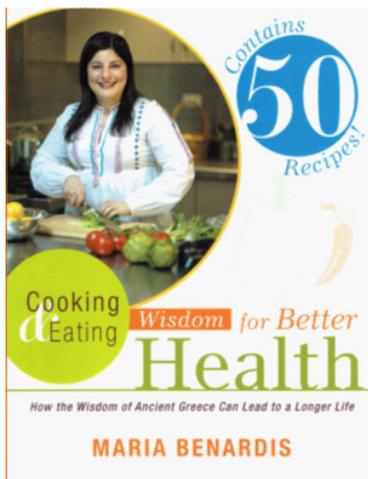


- 1/2 cup (4 oz.) reduced-fat cream cheese or cream cheese alternative, at room temperature
- 1/4 cup light sour cream or sour cream alternative, at room temperature
- 3 tablespoons granulated sugar
- 2 tablespoons milk of choice (or water)
- 1/2 teaspoon pure vanilla extract
- 2 tablespoons brewed espresso (or 1 teaspoon instant espresso powder dissolved in 2 tablespoons hot water)
- 1 tablespoon coffee liqueur or rum or brandy (or more espresso)
- 2 gluten-free cookies (2-inch size)
- 2 teaspoons unsweetened Dutch-process or alkali cocoa, for dusting
- 2 teaspoons grated bittersweet or semi-sweet chocolate, for garnish

of the mixture evenly in each ramekin. In a small, shallow bowl, combine the espresso and coffee liqueur. Holding the cookie parallel to the espresso mixture, quickly and lightly dip each cookie in the espresso mixture only halfway and place it in a ramekin. (If there is any espresso mixture left, drizzle it into the ramekins.) Evenly divide the remaining cream cheese mixture and spread evenly on top of each cookie with a spatula. Tap each ramekin on the countertop to settle the contents evenly. Place the cocoa in a fine-mesh sieve and gently dust on top of each ramekin. Cover each ramekin with plastic wrap and refrigerate at least 4 hours or up to 24 hours. Serve, garnished with grated chocolate.

Coat two 3 1/2 x 1 3/4-inch ramekins (4 ounce) with cooking spray or lightly grease with canola oil. In a small bowl, with a spatula, beat together the cream cheese, sour cream, sugar, milk, and vanilla with a spatula until smooth. Spread 1/4 cup

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Discover Harmony and Simplicity in the Kitchen with Music and Colours

Greek cuisine, both in the past and in the present, has always centered on simplicity. This principle, along with balance and harmony, are all interrelated with the belief of eating in

moderation. When following this philosophy, ingredients are respected and are allowed to sing in a dish. There are no complicated cooking techniques, no heavy sauces, and no fancy decorations. The main focus is on the food and its flavour.

Most ancient Greeks practiced the principles of simplicity, balance and harmony when cooking for healing purposes. Plato believed that food should have simple flavours and wrote that 'even sweets should sing with their simplicity'. The philosopher Epicurus tells us 'to avoid shallow transient pleasures. Keep life simple. Seek calming joys that contribute to peace of mind'. This principle equally applies to eating and cooking. Overcomplicating a dish with too many ingredients disrespects the ingredients and causes disharmony. It also confuses the palate.

The principles of balance and harmony are taken a step further when music and colour are incorporated into a dish. There were many therapies adopted in ancient times for healing, and many of these are still practiced today but music therapy (musicoterapia) and colour therapy (chromoterapia) were of great importance when cooking.

Music Therapy

Music is vibrational and can transform one's mood, energy and state of mind. Music while cooking and eating can have a profound effect on us. Music can make our hearts sing with joy and our souls attain peace. Playing the right music can relax us and help us achieve a sense of inner calm. It can reduce any stress or anxiety we may feel in the kitchen (or in our lives) and help us relax so that we can find the answers that we are looking for and vibrate lots of good energy into our dishes.

Pythagoras also utilized music, singing, playing musical instruments and dancing to clear any blockages in the chakras (i.e. any trapped mental or emotional stress or fears.) He believed that music could heal any physical ailment for it purified a person's thoughts.

Pythagoras is also credited as being the first person to use music as medicine. There were many musical instruments in ancient Greece and included the harp, kithara, lyre, organon, flute, tambourine and the water organ. The flute and the lyre were two of the primary instruments used by Pythagoras and his followers for healing purposes.



In Crete and in other parts of Greece, life is celebrated with *mantinades*, a form of folk poetry. It is a way that Greeks express how they feel musically and rhythmically. *Mantinades* are sung or verbalised in daily encounters with each other and performed while cooking and dining.

Colour Therapy

Colours also have vibrational frequencies attached to them which alter one's harmony and heighten an experience. If we become sick it means that our pattern of vibration is disturbed and out of order. To heal ourselves we have to restore the vibration pattern of our being. *Chromotherapy* or colour therapy is a complementary medicine practiced in Greece. It uses light and colour to balance the body and to create energy to cure whatever a person is suffering from. Colour is used to heal and includes using different colour combinations in ingredients when cooking, as well as aromatic oils to treat illnesses.

A common practice amongst the ancient Greeks was also healing by sunlight, which Herodotus is supposed to have introduced. The ancient Greek city of Heliopolis was famous for its healing sunlight temples. The healings were performed while one was sleeping. It also required the person to fast for a day so that they were able to receive the enlightened messages, truth and answers from within. Healing

occurred when a change of mind happened and when one connected with their inner spirit.

In Greece, all these therapies are still practiced today. Food is cooked simply and it is clean, pure and harmonious. When a simple staple such as beans are cooked, herbs, tomatoes and carrots are added for colour and flavour. Heavy sauces are avoided at all times. Although the food is simply cooked to respect the ingredient, it does not in any way mean that the flavour or texture is compromised. They still taste as good as a meal at a five-star restaurant. The serenity and open-heartedness of the people when cooking, the melodic chants sung when stirring or working the filo pastry all contribute to the good energy and balance that is felt when the dish is eaten.



When our bodies are in harmony they will crave or ask us to consume foods of a particular colour. The attraction of that colour will be because our bodies are in need of that nutrient or need the energy from that food, for example soothing foods such as soups when we are unwell. Coloured foods heal and contain the nutrition our bodies require. To attain optimum health, eat foods of all these colours every day.

Orange/yellow foods: Orange foods are stimulating while yellow enhance weight loss. Both contain beta-carotene, flavonoids, lycopene, potassium and



vitamin C. These foods help reduce age-related macula degeneration, prevent cancer, lower cholesterol and blood pressure and fight harmful free radicals. Foods include

yellow capsicum (peppers), oranges, pumpkin, carrots and lemons.

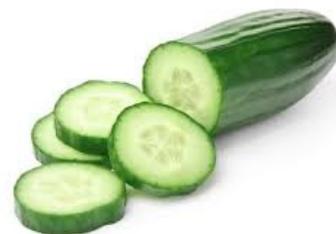
Red foods: These foods contain nutrients such as lycopene, ellagic acid and antioxidants.

They provide energy and reduce the risk of cancer, lower blood pressure and reduce harmful free



radicals. They improve the heart and support joints. Examples include strawberries, tomatoes, red onions, red grapes raspberries.

Green foods: These foods detoxify the body because they contain chlorophyll, fibre, lutein, folate, vitamin C and calcium. They reduce the risk of cancer, lower blood pressure and cholesterol levels, aid digestion and boost the immune system. Examples include green herbs and leafy vegetables, celery, cabbage, green capsicum (peppers) and cucumber.



Blue/purple foods: These foods contain lutein, resveratrol, vitamin C, fibre and flavonoids which soothe the body. They are good for eye health, lower cholesterol, boost the immune system, prevent cancer and reduce inflammation. They are powerful antioxidants. Examples include blueberries, purple grapes and pomegranates.



White foods: These foods contain beta-glucans which are beneficial to the immune system, reduce the risk of cancer, and assist in balancing hormones. Examples include



Eating and cooking will always be considered therapeutic in Greek culture. They are not tasks or chores that need to be done but a moment in time to heal, to be still and to reflect.

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33 Tasty Snack Ideas

Including a dairy snack between meals is a healthy way to keep hunger in check and stay energized throughout the day. Together milk, cheese and yogurt provide a unique nutrient package of nine essential nutrients that help Americans improve overall diet quality. Enjoying three servings a day can also help maintain a healthy weight.



Milk

1. Rise and Shine:

Get a mid-morning boost with a cold glass of fat free milk and sliced peaches.

2. Strawberry-sides:

Mix diced cucumber with a cup of fresh strawberry slices and freeze in a popsicle container.

3. Flavor on-the-Fly:

Fat free flavored milks are perfect anywhere you go - just take, shake and sip!

4. Choco-Raspberry Chug:

Blend a cup of fat free milk with frozen raspberries and sweetened cocoa.

5. Sweet Milk Steamer:

Microwave a cup of lowfat milk and honey.

6. Banana Split Blenders:

Blend lowfat strawberry milk with banana slices and ice.

7. Morning Mocha:

Mix a cup of reduced fat milk with a teaspoon of instant coffee and sweetened cocoa.

8. A Sip of Spice:

Warm a cup of milk and mix with Chai tea to warm up the afternoon.

9. Graham Dunk:

Dip a few graham crackers into a cold glass of lowfat milk.

10. Fruity Splash:

Blend your strawberry milk with fresh bananas and ice.

11. Vanilla-Berry Bowl:

Enjoy lowfat vanilla milk with a bowl of fresh berries.

Cheese

12. Salsa Roll-Up:

Roll Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.

13. Cheddar Crunch:

Mix lowfat strawberry milk with shreds with popcorn and pretzels.

14. Veggie Wraps:

Wrap Colby Jack cheese around spears of asparagus.

15. Cherry Tomato Crunchers:

Top wheat crackers with reduced fat Mozzarella cheese and cherry tomatoes.

16. Cheese & Crackers:

Layer lowfat American cheese and smoked turkey onto crackers.

17. Seafood Spread:

Mix canned salmon or crab with Ricotta or Mozzarella cheese and eat on pita wedges.

18. Zesty Tostada:

Top a tostada with fat free refried beans and reduced fat shredded Pepper Jack cheese.

19. Chicken Melt:

Melt a slice of reduced fat Colby Jack cheese over canned chicken on an English muffin.

20. Cheese Ka-bob:

Alternate small slices of apples and reduced fat Cheddar cheese on skewers.

21. Lettuce Wraps:

Wrap a slice of Swiss cheese, turkey, and Dijon mustard in lettuce leaves.

22. String by String:

Pack light string cheese into your bag for a post-workout energizer.

Yogurt

23. Tropical Smoothie:

Blend fresh orange slices with strawberry yogurt and ice.

24. Cucumber Salad:

Mix 1/2 cup of Cheddar cheese lowfat plain yogurt, mint and a pinch of salt and pepper and spread on whole-wheat pita wedges.

25. Mango Mixer:

Enjoy a tropical treat by blending mango, plain lowfat yogurt and a splash of pineapple juice.

26. Parfait Pleaser:

Layer granola and fresh fruit with your favorite lowfat yogurt.

27. Simple Shortcake:

Try pieces of angel food cake with a cup of strawberry yogurt for a heavenly treat.

28. Berry Blast:

Mix blueberry yogurt with fresh blueberries or raspberries.

29. Go Nuts:

Top lowfat vanilla yogurt with a few crushed pecans and cinnamon.

30. Honey Fruit Dip:

Mix fat free yogurt with a dollop of honey for a sweet fruit dip.

31. Yo-on-the-Go:

Enjoy your favorite flavor of drinkable yogurt at the office or on the go.

32. Mocha Mudslide:

Stir chocolate syrup into a cup of coffee-flavored yogurt and freeze.

33. Yogurt Pops:

Freeze squeezable yogurt for a quick and creamy popsicle.

**COURTESY: Sarah Ryan
Dairy MAX**

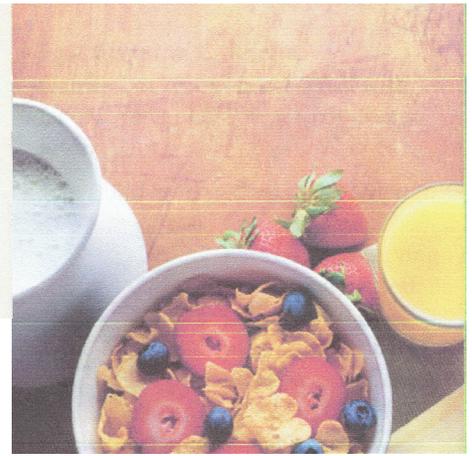
www.dairydiscoveryzone.com

Putting the *fast* in breakfast— 3 quick and easy solutions



3

No time for breakfast? If so you or your family are missing out on the many benefits of eating the morning meal. Check out the three quick and easy solutions below plus a full menu of speedy, nutritious - and simply delicious - breakfasts the whole family will love.



SOLUTION #1

Break for Breakfast: Take a Few Minutes to Fuel Up

Don't skip breakfast to shave precious morning minutes! Try these lightning-fast meals that can help propel you and your kids throughout the day.

- **The Traditional Triplet.**

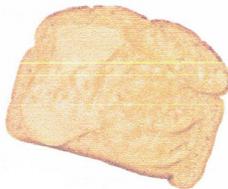
Whole-grain ready-to-eat cereal and fat-free milk plus 100 percent orange juice.

- **The Hot and Wholesome Bowl.**

Microwavable oatmeal with chopped apples and walnuts - make with fat-free milk instead of water for an extra punch of protein, calcium, and vitamin D.

- **The PB&B.**

Whole-wheat toast topped with peanut butter and sliced bananas Plus fat-free milk.



- **The Swirl and-Go.** Crunchy high-fiber cereal, blueberries, and sunflower seeds swirled into low-fat or fat-free vanilla yogurt.



- **The Little Dipper.**

Graham crackers dipped into low-fat or fat-free fruit yogurt plus 100 percent apple juice.

- **A Little on the Lunch Side.**

A turkey and low-fat Swiss sandwich on whole-wheat plus 100 percent orange juice.

- **On a Roll.**

A whole-wheat tortilla wrapped around a low-fat cheese stick plus a bunch of grapes (be sure to cut grapes in half for younger children).

- **The Waffle Tower.**

A toasted frozen whole-grain waffle piled high with sliced strawberries, a dollop of low-fat or fat-free yogurt and a sprinkling of sliced almonds.

- **Easy as Apple Pie.**

A toasted whole-grain bagel half layered with apples slices and reduced-fat Cheddar cheese.

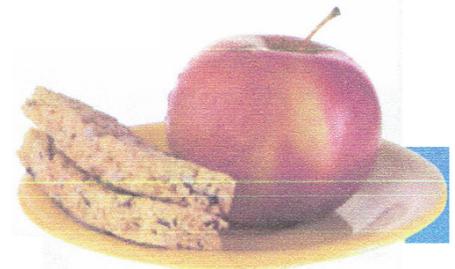
- **Something Spicy.**

Whole-grain cinnamon-raisin toast spread with low-fat ricotta cheese plus 100 percent orange juice.

SOLUTION #2

Brown Bag Breakfast: It's Not Just for Lunch Anymore

Pack good nutrition into your and your kid's day! It's quick to add breakfast items right into lunch bags and boxes. Try these combos - or mix-and-match foods to suit your family's taste buds.



- **Smooth and Crunchy.**

A bottled yogurt smoothie, small bag of whole-grain cereal, and a banana.

- **Say "Cheese."**

A low-fat cheese stick, whole-grain crackers, and a 100 percent apple juice box.

- **Peachy Plus.**

A container of low-fat cottage cheese and diced peaches plus whole-grain crackers.

- **A Most Totable Trio.**

A whole-grain cereal bar, fat-free yogurt cup, and a pear.

- **Your Pick Mix.**

Your favorite cereal, dried fruit and nuts in a resealable plastic bag plus a single-serve container of low-fat or fat-free milk.



- **Kid-Friendly Combo.**
An oatmeal-apple muffin and a single-size bottle of low-fat chocolate milk.

- **On the Grownup Side.**
A bran muffin, pink grapefruit cup, and single-size bottle of low-fat or fat-free milk.

- **A Savory Start.**
A hard-cooked egg, whole-wheat bread sticks, and a single serve can of reduced-sodium tomato juice.

- **Lunch Redux.**

An extra sandwich, apple, and bottle of low-fat or fat-free milk.

- **A Slice of Life.**

A cold cheese pizza slice plus 100 percent small latte made with fat-free milk.



SOLUTION #3

You Don't Have to Eat Breakfast Right Away, Eat it Within the First Few Hours of Your Day.

Where is it written that you have to eat breakfast the minute you get up - especially if you're not hungry yet? Enjoy these options a little later when hunger strikes.

- **Right through the Drive-Through.**

Order a low-fat yogurt, granola and fruit breakfast "sundae" plus 100 percent orange juice.

- **Fast from the Cafeteria.**

Oatmeal or ready-to-eat cereal with fat-free milk plus 100 percent orange juice.

- **Coffee Shop Stop.**

A whole-grain English muffin with light cream cheese, fruit salad, and a small latte made with fat-free milk.

- **Vending Adventure.**

A granola bar, any fresh fruit, and a container of fat-free milk.

- **Fast from the Cafeteria.**

Oatmeal or ready-to-eat cereal with fat-free milk plus 100 percent orange juice.

- **The Build-a-Breakfast Desk Drawer.**

Instant oatmeal packs, single-serving whole-grain cereal boxes, cereal bars, nuts, peanut butter, whole-grain crackers, dried fruit, shelf-stable containers of water-packed fruit, and 100 percent juice boxes. Keep low-fat or fat-free milk and yogurt in the office fridge.



- **Home on the Range.**

Any of the speedy ideas above or a more leisurely meal of a low-fat cheese omelet, veggie "sausage" or low-or reduced-fat sausage patty, whole-wheat toast, and sliced cantaloupe.

Mmm Mmm Morning Sundae

Quick and Easy from Kidnetic.com!
(makes 2 servings)

WHAT'S IN IT?

- 2 cups low-fat granola cereal without raisins
- 3/4 cup (6 ounces) low-fat vanilla yogurt
- 1 cup raspberries or blueberries, fresh or frozen (thawed)

STUFF YOU NEED

- 2 large glass mugs or sundae glasses
- Spoon
- Measuring cups
- Measuring spoons

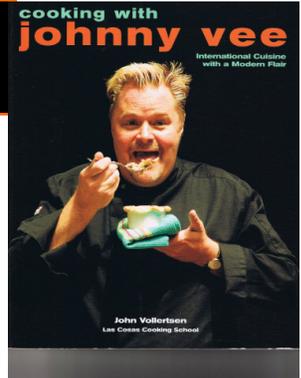


HOW TO PUT IT TOGETHER

1. Into each glass, plopp 1/2 cup of the cereal, then 3 tablespoons of the yogurt, then 1/4 cup of the berries.
2. Repeat.
3. Eat!

COURTESY: Sarah Ryan
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Gluten-Free Goodies



Gluten-Free Peanut Butter Cookies

- 2 cups natural-style peanut butter
- 1 1/3 cups white sugar
- 2 eggs
- 2 teaspoons baking soda
- 1 pinch salt
- 1 teaspoon vanilla extract

Preheat oven to 350° F. Line cookie sheets with parchment paper or use a Silpat liner for best results. In a medium bowl, stir peanut butter and sugar together until smooth. Beat in the eggs, one at a time. Stir in the baking soda, salt, and vanilla. Roll dough into one inch balls and place them 2 inches apart onto the prepared cookie sheets. Press a criss-cross into the top using the back of a fork. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. Store in an airtight container.



Gluten-Free Garbanzo Blondies

- 1 15 oz. can garbanzo beans, drained and rinsed
- 1/2 cup creamy peanut butter or almond butter
- 1/3 cup real maple syrup
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons vanilla
- 1 egg
- 1/3 cup plus 2 tablespoons chocolate chips



Preheat oven to 375° F. Place all ingredients except chocolate chips in a food processor. Blend until smooth. Remove lid and blade and stir in 1/3 cup chocolate chips. Spray an 8" x 8" pan with non-stick spray. Pour batter in to pan and spread out. Top with remaining chips. Bake for 25 minutes until toothpick comes out clean. Cool on wire rack and then cut into squares.

Gluten-Free Bittersweet Decadence Cookies

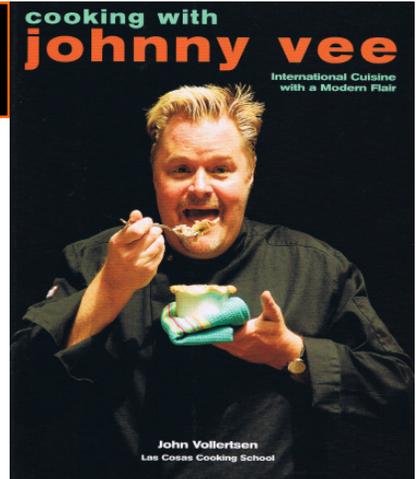
- 1/4 cup rice flour
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 8 ounces bittersweet chocolate chips
- 2 tablespoons unsalted butter
- 2 large eggs
- 1/2 cup sugar
- 2 teaspoons pure vanilla extract
- 1 cup pecans
- 6 ounces bittersweet chocolate chips
- 2 sheets parchment paper



Preheat oven to 350° F degrees. 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 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 ounces 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 look 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.

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Tasty Tacos & Edgy Enchiladas



Rosemary Roasted Vegetable Enchiladas with Goat Cheese & Pesto

For the vegetables

- 8 oz. Brussels sprouts, halved
- 3 medium carrots, chopped
- 2 medium parsnips, chopped
- 2 zucchini, cut into 1/2 inch circles
- 1 small yellow onion, chopped
- 4 tablespoons olive oil
- Kosher salt & freshly ground black pepper, to taste
- 2 sprigs fresh rosemary, leaves removed

Heat oven to 400° F. Place Brussels sprouts, carrots, parsnips, zucchini and onion on a baking sheet; toss with 4 tablespoons pepper. Sprinkle with fresh rosemary. Bake until tender, about 25 minutes; let cool.

For the sauce

- 1 cup loosely packed basil leaves
- 2 garlic cloves
- 2 tablespoons toasted walnuts
- 1/4 cup extra virgin olive oil, or more
- 1/4 cup freshly grated parmesan cheese
- Juice of 1/2 lemon
- Fresh ground pepper
- 1 cup Béchamel sauce (recipe below)
- 10 oz. goat cheese, crumbled (about 1 1/2 cups)

Prepare the pesto by combining basil, garlic, walnuts and lemon juice in a food processor. Blend until smooth. With the motor running, drizzle in the olive oil and blend until smooth. Add Parmesan and pulse to combine. Check pesto for seasoning. If a thinner pesto is desired add additional oil. Whisk in Béchamel sauce. Serves 6.

BECHAMEL SAUCE

- Half of small onion, peeled
- 20 whole cloves
- 3 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 3 cups milk
- 1/4 teaspoon salt
- white pepper to taste
- 1/4 teaspoon ground nutmeg

"Stud" the round side of the onion with the cloves. Place the onion in a medium saucepan and cover with milk. Bring milk to a simmer over medium low heat. Turn heat off and allow the milk to sit for 15 minutes. In another medium sauce pan melt butter over moderately low heat. Whisk in the flour and cook the roux, stirring, for 3 minutes. Remove the onion from the milk and pour over the roux in a stream, whisking vigorously until the mixture is thick and smooth. Season with

salt, white pepper, and nutmeg and simmer over low heat for 10 minutes. Cover the surface with a buttered round of wax paper to prevent a skin from forming.

To assemble the enchiladas:

Place vegetable oil in a deep skillet. Heat to 350° F and fry 12 corn tortillas for 30 seconds each to soften. Drain tortillas on paper towels. (If using freshly made corn tortillas you can skip the frying step.) Place one tortilla on an ovenproof plate and top with one portion of vegetables. Top vegetables with 1 tablespoon goat cheese and 2 tablespoons sauce. Place another tortilla over first layer, place another portion of vegetables on tortilla and ladle 2 tablespoons sauce over this layer and top with 2 tablespoons goat cheese. Repeat this process until you have 6-plated enchiladas, each two layers high. Bake enchiladas at 400° F for 10 minutes or until cheese is melting and bubbling. Garnish each plate with sprig of cilantro. Makes about 3 cups.

KID'S CHOCOLATE ICE CREAM TACOS

- 6 taco shells
- 3 cups vanilla ice cream, softened slightly
- 1 cup chocolate chips
- 1/4 cup toasted nuts, chopped
- 1/3 cup chocolate syrup
- Powdered sugar

Carefully fill each taco shell with 1/2 cup ice cream and place in freezer. Place chocolate chips in a small metal bowl set over simmering water. Allow chips to melt completely and remove from heat. Put nuts in a shallow medium bowl. Dip the edges of each taco shell into the chocolate and then dip immediately into the nuts. Return to the freezer until ice cream is firm. At this stage you can place each taco in a small zip lock bag and store for up to one week. To serve, drizzle chocolate syrup in a swirl design on each serving plate. Place taco on plate and drizzle with more syrup and dust with light sprinkling of powdered sugar. Serve immediately. Serves 6.

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