



Creative Living with Sheryl Borden

7400 Series - Foods & Nutrition - Section II



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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.

Snack Cakes



COURTESY: Nancy Siler
Wilton Brands
www.wilton.com



Salads & Toppers

Most people love to have a salad as the first course of their meal. In supermarkets today, there is a tremendous refrigerated section that gives you a choice of pre-packaged salads of all types. You can also pick out your favorite greens and make your own mixture.

After you've chosen your salad mix, you can then vary your "add-ons" from a complete variety of fresh, dried or canned items. There is also a large variety of salad dressings available. Here too, the homemaker may choose to make her own, usually using such items as mustard, wine, vinegar and spices.

Or, you can take advantage of the new toppers that are available. There are traditional croutons, which now come in a larger variety of flavors. Or, use tortilla or wonton strips to add a little punch to your salad.



COURTESY: Connie Moyers
Mrs. Cubbison's
www.mrscubbisons.com/

California Figs & Fitness

Caribbean Jerk Chicken with California Figs

Caribbean Jerk Sauce

- 4 oz. dried California Mission figs; stemmed and quartered
- 1 to 2 Tbsp. Habanero chile sauce **or** 1 to 2 fresh Habanero chiles, stemmed and seeded
- 8 cloves garlic, chopped
- 1 bunch green onions; white part only, chopped
- 2 Tbsp. fresh thyme leaves
- 1/4 cup brown sugar
- 1/2 cup vinegar
- 1/2 cup water
- 1 Tbsp. extra virgin olive oil
- 4 whole cloves; crushed
- 1/4 teaspoon ground cinnamon
- 3/4 teaspoon salt
- 4 (4-oz.) boneless skinless chicken breasts
- 1 Tbsp. olive oil

Cabbage Slaw

- 2 cups green cabbage, thinly sliced or shredded
- 1 ripe mango, diced or sliced
- 2 cups red cabbage, thinly sliced or shredded
- 4 fresh and/or dried California figs
- 1 red bell pepper; stems and seeds removed, cut in thin strips
- 1 1/2 Tbsp. extra virgin olive oil
- 1 Tbsp. fresh lime juice
- pinch of salt, pepper and sugar or to taste
- 6 fresh and/or dried California figs, sliced for garnish

Caribbean Jerk Sauce

In saucepan, combine all jerk sauce ingredients. Bring to a boil, reduce heat and simmer for about 20 minutes or until figs are soft. Set aside to cool. Transfer to a small food processor or blender. Add olive oil and seasonings and process until smooth to make a thick sauce. Store in refrigerator until needed.

Chicken Breasts

Preheat oven to 350° F. In large ovenproof skillet, heat olive oil until hot. Sear chicken breasts until lightly browned on both sides. Brush, liberally, with jerk sauce. Bake at 350° F for 25-30 minutes or until chicken reaches 165° F on a meat thermometer.



Meanwhile, combine all ingredients for cabbage slaw in a large bowl and toss to mix well.

Divide between 4 individual serving plates. Slice each chicken breast into 1/2-inch slices, and arrange on top of cabbage slaw, spooning a dollop of Caribbean Jerk Sauce over each. Garnish with sliced figs. Serves: 4.

Fresh California Fig and Mustard Relish

- 6 fresh California Figs, large, finely minced or smashed
- 4 Tbsp. extra virgin olive oil
- 4 cloves garlic, minced
- 2 Tbsp. Italian parsley, minced
- 2 Tbsp. dijon mustard
- 1 Tbsp. red wine vinegar
- 1/4 teaspoon salt
- pinch red pepper flakes
- pinch black pepper

In a skillet, heat the olive oil over medium high heat. Add the minced garlic and saute until just cooked. Add the minced parsley and lightly cook. Transfer the garlic olive oil mixture to a bowl. Add the remaining ingredients and stir to fully incorporate into a smooth relish. Serve with grilled or roasted poultry or meats.



Prosciutto, Fig and Mozzarella Salad

- 2 Tbsp. balsamic vinegar
- 3 Tbsp. olive oil
- coarse salt and ground black pepper; to taste
- 1 1/4 lbs. arugula (2-3 bunches), stemmed and washed well
- 2 pints bocconcini, drained
- 8 slices prosciutto (about 4 ounces)
- 1 pkg. (8 oz.) dried California figs, stemmed and quartered

In small bowl, whisk vinegar and oil; season with salt and pepper. Reserve 1 tablespoon and combine 1/4 cup dressing with arugula in large bowl; toss to combine. Divide among 4 serving plates. Then, divide bocconcini, prosciutto and figs evenly among plates; drizzle all with reserved dressing. Serve at once.

Note: One pound fresh mozzarella cut into bite-size pieces may be substituted for these fresh mozzarella balls. Serves: 6.



California Mission Fig & Fudge Cookie Sundae

Mission Fig and Fudge Cookies

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

California Fig and Caramel Sauce

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



Combine chocolate and butter in small bowl and place over warm water or microwave on low until melted. Stir until smooth and set aside. Sift flour, cocoa powder, baking powder and salt together in mixing bowl and set aside. Measure eggs, sugar and vanilla into another bowl;

whisk or beat vigorously until mixture is smooth and pale in color. Add melted chocolate mixture, sifted dry ingredients and 8 coarsely chopped figs; mix together well. Chill until firm.

With tablespoon or No. 60 scoop, divide and shape dough into balls and roll in powdered sugar. Arrange about 2 inches apart on parchment-lined baking sheet. Cut remaining 8 figs vertically into 4 thin slices each. Arrange one slice on each cookie and gently press down. Bake at 325° F for about 15 minutes. Cool on baking sheet and dust with additional powdered sugar.

Caramel Sauce

Heat sauce in 1 quart saucepan over medium-high heat. Remove from heat and stir in vanilla and

Baked California Fresh Figs with Cocoa Powder and Walnut Crisp

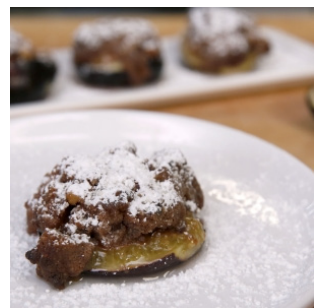
- 4 California Fresh Figs, large fresh Mission or Brown Turkey figs (or 8 smaller ones)

Cocoa Powder Crisp Topping (1 oz of topping per fig)

- 5 ounce flour (1 cup)
- 4 ounce light brown sugar (1/2 cup)
- 1 1/2 teaspoon cocoa powder
- 1 Tbsp. cocoa nibs (optional)
- 2 oz. walnuts: toasted & finely chopped
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 4 oz. butter at room temperature

Garnish

- crushed walnuts
- cocoa nibs (optional)
- powder sugar



Gumball Cupcake

California Fresh Figs

Split the figs in half vertically. Arrange the figs with the cut surface up on a baking pan. A small slice can be removed from the curved side of the fig so that the fig sits flat and is stable. Note: the figs can be baked individually with space in between or in a continuous layer in a baking dish.

Cocoa Crisp Mixture

In a bowl, combine the flour, brown sugar and cocoa powder and stir to mix evenly. Add the remaining ingredients and blend to form a dough. Place crumbles of the crisp dough over the figs.

To Serve

Pre-heat an oven to 350° F. Bake the figs for approximately 15 minutes or until the topping is cooked and the fig begins to release some juice. Place two fig halves (4 halves if the figs are smaller) on dessert

California Figgy Energy Bites (No bake)

- 1 cup (dry) oatmeal (I used old-fashioned oats)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground golden flax seed
- 1/4 cup dried California Figs, diced
- 1/3 cup pureed fig (prepare in advance using your processor)
- 1 Tbsp. chia seeds
- 1 teaspoon vanilla extract
- 1/8 cup water
- 1 pinch kosher salt

Stir all ingredients together in a medium bowl until thoroughly mixed. Can also use your favorite stand mixer, not hand mixer. Cover and let chill in the refrigerator for half an hour. Once chilled, roll into 1-inch balls. Store in an airtight container and keep refrigerated for up to 1 week.



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

Decorate gumball:

Bake and cool 24 cupcakes. Spatula ice 12 gumball cupcakes with Chocolate RTD (Ready to Decorate) Icing and cover each iced cupcake with milk chocolate candies.



Using Black Food Writer Marker, write '5¢' on a white Necco candy wafer. Flip red cupcakes top side down, top with another red baking cup (if desired). Using small amount of buttercream, attach wafer to red liner cupcake.

Place gumball cupcake on its side and using buttercream, adhere red gumdrop on top of gumball cupcake. Place on Gumball Cupcake Stand or Gumball Cake Board.

COURTESY: Emily Tatak
Wilton Brands
www.wilton.com

KITCHEN SCIENCE: Baking for Special Needs

Prepared/tested by Sharon Davis, Family & Consumer Sciences Education, www.homebaking.org



The Home Baking Association (HBA) website 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.



Experience "test-kitchen" science in classrooms or out-of-school programs! Use griddles, waffle irons, ovens or skillets!

- Do-It-Yourself (DIY) baking is part of an "active lifestyle," burning 125+ calories per half hour of shopping, *mis en place* preps, mixing & clean-up!
- DIY baking helps meet the needs of a variety of "customers."
- Choose ingredient adaptations and use with almost any favorite recipe to meet a special need, such as reduced sodium; adding whole grains, fruits or veggies, nuts, potassium; ingredient allergies.

Assign each baking scientist or team one substitution (*variable*) to test for customer acceptability. Label each product with a number and variable being tested. Insert a paper strip with the variable number written on it. Place paper between batter and pan side before baking begins.

Substitution (*variable*) options

- **Reduce sodium.** Help achieve the recommended 2300mg sodium per day. See how recipe tastes as “low sodium” (140mg or less per serving)
 - Use unsalted butter for salted butter
 - Reduce salt to 1/8 teaspoon
 - Add 1 teaspoon favorite dry spice or 1 tablespoon orange/lemon zest when reducing salt
 - For 1 cup buttermilk, use 1 cup yogurt OR mix 1 tablespoon lemon juice or vinegar + milk to equal 1 cup
- **Ingredient allergies.** (Choose ONE as a variable.)
 - **Egg** - substitute for 1 large egg = 1/4 cup soft tofu OR 1 tablespoon flax meal + 3 tablespoons water.
 - **Lactose or casein** - substitute plain, unflavored almond soy or rice milk for dairy milk, sour as recipe directs
 - **Wheat** - substitute a gluten-free flour blend for the whole wheat and all-purpose flours.

Gluten-Free Flour Blend - 2 cups brown rice flour, 2/3 cup potato starch, 1/3 cup tapioca flour, 1 teaspoon xanthan gum, mix well with whisk or mixer wire whip. Makes 3 cups.

- **Boost protein and heart healthy fats.** Include toasted, unsalted nuts or seeds (soy, pepitas, sunflower, sesame)
- **Agave nectar sweetener.** 2/3 cup agave nectar for 1 cup brown sugar; reduce liquid by 1/4 cup
- **Add moisture, flavor and boost nutrients.** Choose ONE. Add with liquids: 1/2 cup grated carrots, apple or zucchini, canned pumpkin OR mashed, cooked sweet potato
- **Low fat.**
 - For 1 cup buttermilk, use 1 cup low fat yogurt OR 1 tablespoon lemon juice or vinegar + low fat milk to equal 1 cup

Flour Variables

* **Make it whole grain** Switch half to 3/4 of the flour in the recipe to whole wheat flour - whole white wheat flour will provide a lighter color, milder taste.

* **Add grain variety.** Replace 1/4 cup wheat flour with 1/4 cup of a non-wheat whole grain flour or meal. Options include: cornmeal, oatmeal, flax meal, OR barley, brown rice, quinoa, sorghum, soy or spelt flour.



Provide Baking Science Lab Variations Evaluation to each team. Record assessments of each product variable for texture, moisture, tenderness, flavor, color.

- Have teams discuss their observations during preparation, baking, and sampling.
- Based on their Lab Variations Evaluation and consumer Matter of Taste responses, have them target what needs to improve (rankings below 60%) and how they may improve the product. (Ex: add/reduce liquid; increase/reduce oven temperature; shorter/longer bake time).



Pricing and Value.

Bring or assign participants to find prices for specialty muffins or mixes at local supermarkets, bakeries, coffee houses.

- List all the ingredient costs and have labs total their costs for each lab recipe.
- How many muffins did your lab make? Divide total ingredient cost by number of muffins.
- Compare your muffin costs with commercial muffin prices. How much would you charge for one of your muffins at a coffee house? 6 muffins?
- You may compare cost of your lab's dry ingredient mixture weight with the cost of a commercial muffin/quick bread mix. Compare the same net oz/gm weight of mix.

Portion Size, Nutrient Comparisons. Discussion:

1. One ounce is considered one grain serving. How many grain servings are in one lab muffin?
2. How do the lab muffins compare in weight/size to commercially baked muffins? (View or assign Portion Distortion Quiz, www.nhlbi.gov). What are several results of super-sizing?
3. How do sodium, fat, total calories, sugars and nutrients compare? Does this muffin qualify for "low sodium" labeling? Whole grain label? (See www.wholegrainscouncil.org)
4. What are the benefits for baking these products at home? How would you market them?



Whole Grain Orange Raisin Nut Muffins or Bread

Makes 14 medium muffins (3oz/85g) or 1 large loaf (14 slices.)

- 1 1/2 cups (180g) whole wheat flour
- 1/2 cup (60g) all-purpose flour
- 1/4 cup (33g) whole yellow cornmeal OR wheat germ OR oatmeal
- 1 1/2 teaspoons (6g) baking powder
- 1 teaspoon (4.5g) baking soda
- 1/8 to 1/4 teaspoon (3g) salt
- 1 cup (220g) firmly-packed brown sugar OR 2/3 cup (224g) dark agave nectar*
- 1/2 cup grated carrot OR apple OR cooked sweet potato OR pumpkin
- 1 large egg OR 1 tablespoon (6.5g) flax meal + 3 tablespoons water (mix; let stand 5 minutes)
- 1 cup buttermilk OR yogurt OR 1 tablespoon lemon juice + 1% milk to equal 1 cup sour milk (mix; let stand)
- 1/4 cup (2oz/56g) melted unsalted butter
- 1 tablespoon (6g) grated orange peel
- 1 teaspoon vanilla
- 1 cup (160g) conditioned California raisins**
- 1 cup (117g) toasted, chopped nuts OR unsalted seeds (pumpkin pepitas, sunflower, or soy nuts)

**Reduce milk 1/4 cup if using agave nectar*

***Cover raisins with water or orange juice, then drain*

1. Preheat oven to 350° F for loaf or 400° for muffins. Lightly grease 9 x 5 x 2 1/2 inch loaf pan OR grease bottoms or line 14 muffin cups.



2. In a large mixing bowl, measure or weigh the first six dry ingredients. Blend well with whisk.
3. In a second bowl whisk to blend well the sugar or agave nectar, grated carrot, egg/egg substitute, milk, melted butter, orange peel and vanilla.
4. Add conditioned raisins and nuts or seeds to dry mixture. Make a large dip in the center of the mix; add liquid mixture. Stir together only until all the ingredients are moistened.
5. Scoop batter into prepared loaf pan or muffin cups (filling 2/3 full). Bake loaf 45 to 50 minutes at 350° F or muffins, 18 to 20 minutes at 400° F. Cool pan 5 minutes on wire rack.
6. Turn loaf or muffins onto rack to cool, then wrap. Store one day at room temperature or freeze.

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

Bake for Funds



There may be easier way to raise funds, but there aren't many that can teach more to young people while building positive community support. By applying creative, timely planning, thoughtful, salesmanship and a unique approach, bake sales can be very profitable

Join History. Bake sales are a part of American history. For centuries, people have "baked their best" for schools, churches, families in need, parks and

community buildings. Individuals and families became "known" for a special cake, pie, bread, cookie or ethnic baked good that was sold by auction, baskets, cake walks, special order, whole or by-the-slice where everyone gathered.

Planning Ideas:

What's YOUR personal or family's baked specialty? Identify "hard-to-get" local or ethnic specialty you can bake and sell.

Tips for Success and Program Recognition

Check the calendar. Piggyback with sale-friendly events; avoid conflicts.

Bake sale themes. Link to a national recognition day (Mother's, Father's, Nurses, Teachers, Pie or Bread Day) or festival. Make the sale an event or tradition. Consider a monthly "buy locally made" opportunity.

Location, location. Tie to theme or where interested consumers go. Consider 2 or 3 same-day locations. Assist to park and carry.

Gain permission for location and date at least two weeks before sale. Extend courtesy communications to related parties (businesses, food service staff, chambers of commerce, school).

Promote early! Two weeks ahead post live and on-line the who, when, where, why. Use social media AND printed posters. Deliver sample baked goods to promoters.

Phones at work. Use cell phones to confirm pre-event responsibilities, site details, and promotion.

May I take your order? Publish how to order ahead of the sale via phone, on-line or using a printed order form.

Make a bake date. Not everyone can bake at home. Bake or create baking mixes together at school, FCS, community or religious center kitchen.

Something for everyone. Savory and sweet; wholegrain and multi-grain; pets and people; individual and family-sized; under 200 calories; reduced sodium; food allergy options; trail-mix, soup, beverage or baking mixes; baking tools.

Apply safe food handling. Review FightBac.org. Keep raw batter separate from baked and never consume unbaked

dough or batter. Bake until done at center - use HomeBaking.org *Baking Temperature Guide*.

Cool goods completely on wire racks. Package goods with washed and gloved hands in new food containers or bags. Custard, meat, cheese or pudding-filled goods should not be sold.

Customers love labels. Design attractive labels that include product name, ingredient list (most to least), price, net weight (cups, ounces/grams). Check out WholeGrainsCouncil.org to see if a Whole Grain Stamp applies.



Wrap irresistibly! After package is sealed, add a little art, ribbon, color! Visit Bake Sale Central, HomeBaking.org to download ready-to-use labels.

Add value! Create baked good gift boxes. Wrap Ready-to-Top Whole Grain Pizza Crusts with pizza pan and sauce. Package Pet Treats with a kerchief or toy. Add children's story with a muffin, cookie or pancake mix to "Book and Bake."

Sales decor. Post organization's name and plans for funds raised. Use your logo and colors for table covers. Post a huge "Thank You" sign listing supporters and signed by members.

Courtesy. Put away phones unless taking orders. Make eye contact and greet people. Say thank you to each person who stops and after each sale. Follow event with thanks to supporters, in writing and on-line.

Provide bite-size samples. Offer free ice water or tea, and items to buy and enjoy on-the-spot such as soft pretzels, breakfast muffins, rolls, pie, cookies or bread sticks.



Participants will:

- Recognize funds are needed to run a program
- Create public awareness for concern or program needs by fund-raiser
- Set funding goals
- Build partnerships
- Access local event calendars to coincide or avoid conflicts
- Develop timeline for plans
- Apply culinary and food safety skills to raise funds
- Identify and assign tasks, teams, committees
- Calculate cost and profits; report success
- Identify benefits; improvements
- Express appreciation

Price for easy payment.

Calculate each recipe's cost to prepare. Compare your "fresh-baked" items with similar net weight products in stores. Sell by the piece or batch in increments of 25 cents for ease in making change. Sell under-a-dollar items!

Ready-to-Top Whole Grain Gourmet Pizza Crusts

Makes two medium (12-14-inch) pizza crusts OR eight soft pretzels OR sixteen bread sticks

- 2 cups whole wheat flour
- 1 tablespoon sugar (optional)
- 1 package fast-rising yeast (2 1/4 teaspoons/7g)
- 1/4 to 1/2 cup unbleached or whole wheat flour
- 3/4 teaspoon salt
- 1 cup 80-105°F water
- 2 tablespoons vegetable oil



In large bowl, combine 2 cups whole wheat flour, sugar (opt.), undissolved yeast, and salt. Stir water and oil into dry ingredients. Stir in enough remaining flour to make stiff dough. Turn out onto floured surface. Knead until smooth and elastic, about 5 or 6 minutes. Cover dough with bowl; let rest 10 minutes or place in large plastic bag or sealed container in the refrigerator, punching after 30-45 minutes. Form into smooth ball. Use dough immediately for pizza crusts or keep refrigerated up to 2 days. Divide dough in half. Shape each half into a ball. Let dough rest 5-10 minutes, covered with bowl.

Preheat oven to 425°F. Place dough balls on greased 12 to 14-inch pizza pan. With oiled hands, press dough out evenly - avoid stretching the dough - till dough covers the pan. With a fork, prick the surface of the dough every few inches. Partially bake the crusts at 425°F for 5 to 7 minutes - until still pale with just a hint of browning. Remove from pans; cool on wire cooling racks. Wrap in large plastic food bags. Freeze or sell fresh. Pretzels or Bread Sticks: Shape, proof and bake plain; or before baking, brush with egg wash (1 egg beaten with 1 tablespoon water); sprinkle with sesame seeds. Bake until golden, 10 to 12 minutes.

ABC Breakfast Bars

Makes 12 (2.7/75g) bars.

Preparation Time: 15 minutes Baking Time: 25 minutes

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/4 cup brown sugar, packed
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup bran flakes breakfast cereal, crushed
- 1 cup 1% milk
- 2 large eggs
- 1 small apple, cored, grated
- 1 medium ripe banana, mashed
- 1 medium carrot, grated
- 1/2 cup conditioned* raisins or other dried fruit
- Optional: 1/3 cup walnuts, chopped OR sunflower kernels, roasted and unsalted

Preheat oven to 375°F. Lightly grease an 8x8-inch square baking pan. Measure and crush bran flakes; grate apple and carrots; mash banana; chop and measure nuts. In a medium bowl, combine the flours, sugar, cinnamon, baking powder, baking soda and salt.

Blend dry ingredients well with a wire whisk. In a small bowl, thoroughly combine bran flakes, milk, eggs, carrots, banana and raisins*. Add chopped nuts if desired. Combine moist ingredients with dry mix. Place in prepared pan. Bake at 375°F for 25-30 minutes or until golden. Cut into 12 bars.

*Conditioned raisins: Cover raisins with tap water (80°F) for 5 to 10 minutes; drain off water.

More recipes at Bake Sale Central homebaking.org



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

G-Free Foodie

S'mores Brownies

- 1 box Brownie mix, batter prepared to package directions (I used Pamela's Gluten Free)
- 4-5 Graham Crackers, broken (I used Pamela's Gluten-Free)
- 6-8 large marshmallows, cut in half
- 1/2 cup chocolate chunks



Pre-heat oven to 350° F. Lightly coat 8"x 8" baking pan with oil or pan spray and line with parchment paper. Pour the brownie mix into the pan and spread evenly. Break the cookies into pieces and push gently into the top of the brownie batter. Then top the batter and cookies with the marshmallows, cut side down, and sprinkle the chocolate chunks evenly over the top. Bake for approximately 30-35 minutes. Allow to cool and enjoy!

Curry Roasted Shrimp

- 2 pounds (12-15 or 16-20 count) raw shrimp, peeled and deveined
- 2-3 Tbsp. good olive oil or melted coconut oil
- 2 Tbsp. curry powder
- 1 Tbsp. coconut sugar*
- 3 limes, sliced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper



Preheat the oven to 400°F. In a large bowl, toss the shrimp, curry powder blend, coconut sugar and lime slices with 2 tablespoons of the oil and the salt & pepper. Arrange the shrimp in 1 layer on a rimmed sheet pan, ensuring that the lime slices are spread evenly throughout. Roast for 8 to 10 minutes, just until pink and firm and cooked through.

* Can't find coconut sugar? Use unrefined brown sugar instead.

COURTESY: K. C. Cornwell
G-Free Foodie
www.gfreefoodie.com



Mediterranean Tuna Salad

Serves: 8 -10 people

A great way to serve this salad is to slice a 9-inch round focaccia in half horizontally, fill it with the tuna, and press a plate down on top of the round bread. Place a heavy can or weight on top for an hour, and the dressing will seep into the bread. Slice and serve. From The Whole Foods Market Cookbook.



- 4 (6-oz.) cans albacore tuna, drained well
- 1 (14-oz.) can quartered artichoke hearts, drained
- 1/2 cup chopped red bell or piquillo peppers
- 3/4 cup sliced Greek olives
- 1/2 small red onion, finely chopped
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup sliced fresh basil
- 2 cloves garlic, finely chopped
- 1 tsp. dried **or** 1Tbsp. chopped fresh oregano
- 1/2 cup mayonnaise
- 3 Tbsp.w lemon juice
- Salt and ground black pepper, to taste

Put all ingredients into a large bowl and gently fold together until well combined. Serve on sliced bread as a sandwich or spoon over a green salad. <http://www.wholefoodsmarket.com/recipe/mediterranean-tuna-salad>

Nutritional Info:

Per Serving: 240 calories (120 from fat), 14g total fat, 1g saturated fat, 50mg cholesterol, 670mg sodium, 6g carbohydrates, (2g dietary fiber, 1g sugar), 20g protein.

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

Foods & Nutrition Guests

Maria Benardis

Cookbook author
635 W. 42nd St., 16D
New York, NY 10036
917-319-7783Bu
info@greekalicious.com
www.mariabenardis.com

Dr. Charlie Broz

ENMU – Culinary Arts
1500 S. Ave. K, St. #26
Portales, NM 88130
575-562-2075
Charles.broz@enmu.edu

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

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

Connie Moyers

Western Research Kitchens
145 S. Fairfax Ave.
Los Angeles, CA 90036
323-938-3300 (Leo Pearlstein)
pr@leeassociates.com
www.mrscubbisons.com/

Charlene Patton

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

Sarah Ryan

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

Emily Tatak

Wilton Brands
2240 W. 75th St.
Woodridge, IL 60517
630-810-2216
www.wilton.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