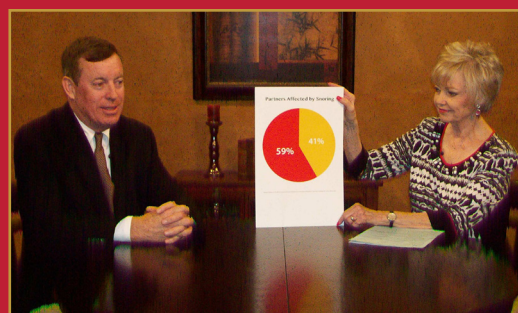


# *Creative Living with Sheryl Borden*

**7600 Series - Foods & Nutrition - Section I**



*Sheryl Borden*  
*Producer/Host*



# Table of Contents

## Foods & Nutrition

A Baker's Dozen Smart Snack Baking Recipes .....	I-3
The Thrill of the Skill .....	I-4
Putting the Fast in Breakfast .....	I-5
Preparing Gluten-Free Desserts for Two .....	I-7
Gluten-Free Main Dishes for Two .....	I-8
Easy Ways to 'Kick up' Nutrition .....	I-9
Whole Foods Market .....	I-10
DairyMAX Recipes .....	I-10
New Mexico Favorites .....	II-11
Celebrate Salty! .....	II-12
Tasty Thai Cuisine .....	II-13
G-Free Foodie Club & Recipes .....	II-14
California King Salmon Recipes .....	II-16
Going Nuts Over the Holidays .....	II-17
Guests .....	II-18

**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, "A Baker's Dozen Smart Snack Baking Recipes" is in Section I on page 3, whereas "New Mexico Favorites" is in Section II on page 11.**



# A Baker's Dozen Smart Snack Baking Recipes



## Why are Smart Snacks important?

1. More than a quarter of kids' daily calories may come from snacks.
2. Kids who have healthy eating patterns are more likely to perform better academically.
3. Kids consume more healthy foods and beverages during the school day. When they are Smart Snacks, the healthy choice is the easy choice.
4. Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.

## Summary of Standards for All Foods Sold in Schools:

Any food sold in schools must:

- Be a "whole-grain rich" grain product; **OR** have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; **OR**
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable.

## Double Chocolate Chip Cookies



Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Oil, vegetable	2.5 oz	5 Tbsp	5 oz	½ cup	<ol style="list-style-type: none"> <li>1. Preheat conventional oven to 350° F.</li> <li>2. Lightly grease (or line with parchment paper) baking sheets. Use two 13 x 18 x 1" half sheet pans for 25 cookies or two 18 x 26 x 1" full sheet pans for 50 cookies.</li> <li>3. In a large mixing bowl, beat vegetable oil, butter, sugars, and honey until smooth.</li> <li>4. Add egg whites, vanilla, and salt and beat until light.</li> <li>5. Add vinegar, baking soda, and baking powder.</li> <li>6. Stir/blend in cocoa until smooth.</li> <li>7. Add flour and chocolate chips, mixing just until combined.</li> <li>8. Drop by #50 scoop (about 1 Tbsp) onto prepared baking sheet pans, about 1" apart. Flatten slightly.</li> <li>9. Bake 8-9 minutes. Cookies should be slightly moist in cracks.</li> <li>10. Remove baking sheet(s) from oven and place on a wire cooling rack. Cool on pan for about 5 minutes, then place cookies directly on the wire cooling rack to cool completely.</li> </ol>
Butter, unsalted		1 Tbsp	1 oz	2 Tbsp	
Sugar, brown, lightly packed	3.5 oz	½ cup	7.25 oz	1 cup	
Sugar, granulated	2.3 oz	½ cup	4.7 oz	¾ cup	
Honey (or agave nectar)	2.2 oz	3 Tbsp	4.4 oz	6 Tbsp	
Egg, whites, large		2 each	3.5 oz	3 each	
Vanilla Extract		2 tsp		1 Tbsp + 1 tsp	
Salt		½ tsp		1 tsp	
Vinegar, cider		1 Tbsp		2 Tbsp	
Baking soda		½ tsp		1 tsp	
Baking powder		½ tsp		1 tsp	
Cocoa powder, unsweetened		¼ cup	1.5 oz	½ cup	
Flour, whole wheat	8 oz	1 ¾ cups	1 lb	3 ¾ cups	
Chocolate Chips, mini, semi-sweet	3 oz	¾ cup + 1 Tbsp	6 oz	¾ cup	

\*Either natural or Dutch-processed baking cocoa may be used. Dutch-processed will provide a richer flavor and deeper color.

# The Thrill of the 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...*

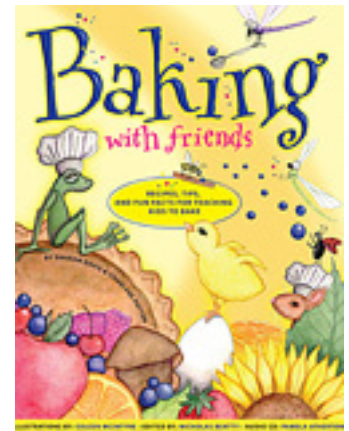
- Help measure dry ingredients (stir, spoon, level)
- Cut with a blunt knife (plastic or tableware)
- Use a hand held egg beater or whisk
- Crush crackers in a bag with a rolling pin
- Sprinkle ingredients on salads, cakes, cookies, casseroles



### 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 and/or 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](http://www.homebaking.org)



# 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.**

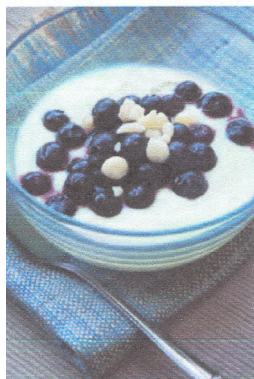
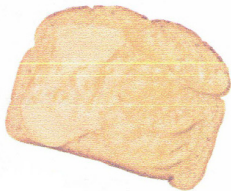
Whole-grain ready-to-eat cereal and fat-free milk plus 100 percent orange juice.

- **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.**

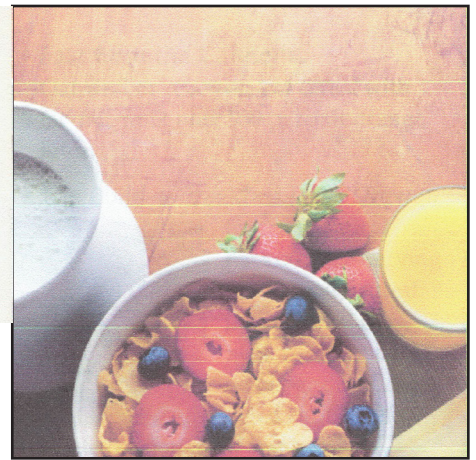
A toasted frozen whole-grain waffle piled high with sliced strawberries, a dollop of low-fat or fat-free yogurt and a sprinkling of sliced almonds.

- **Easy as Apple Pie.**

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

- **Something Spicy.**

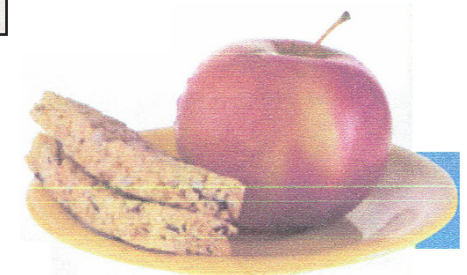
Whole-grain cinnamon-raisin toast spread with low-fat ricotta cheese plus 100 percent orange juice.



## 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 Tutable 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](http://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, plop 1/2 cup of the cereal, then 3 tablespoons of the yogurt, then 1/4 cup of the berries. Enjoy!

**COURTESY: Sarah Ryan  
Dairy MAX**  
[www.dairydiscoveryzone.com](http://www.dairydiscoveryzone.com)



# Preparing Gluten-Free Desserts for Two

## 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



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 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.

# Gluten-Free Main Dishes for Two

## SHEET PAN SUPPER of ROASTED FISH & VEGETABLES

Making meals the "sheet-pan" way works especially well when cooking for two because an entire meal fits in one 9 x 13-inch pan. You begin roasting the food(s) that take longest to cook such as potatoes, adding additional foods (fish, vegetables) later, since they cook faster. If your vegetables are especially delicate (or if you prefer them steamed) layer them under the fish.

- 1/2 pound (2 cups, about 6 potatoes) small Yukon gold potatoes or fingerlings, halved
- 1 tablespoon olive oil
- 3/4 teaspoon dried herbs of your choice (I like oregano or tarragon for this dish)
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 5-ounce salmon fillets
- 1 cup thin asparagus in 1/2-inch pieces
- 1/2 cup cherry or grape tomatoes, halved
- 1 fresh lemon, cut into 2 halves, for garnish



Place a rack in the middle of the oven. Preheat the oven to 425°F. Line a 9 x 13-inch nonstick (gray, not black) rimmed baking sheet with foil and lightly grease or use a 10-inch greased ovenproof skillet. In a medium bowl, toss the potatoes, 1/4 teaspoon of the herbs, and smoked paprika with the olive oil until well coated. Arrange evenly, cut side down, on the baking sheet and roast 20 minutes. Arrange the salmon, asparagus, and tomatoes on top of the potatoes and sprinkle with the remaining 1/2 teaspoon herbs and the salt and pepper. Continue to roast until the salmon is cooked through and the potatoes are tender, about 10 to 15 minutes, depending on thickness of the fish. Serve with lemon wedges, for garnish. Preparation time: 10 minutes. Roasting time: 30 minutes. Makes 2 servings.

**NOTE:** You can also vary this dish: use cod instead of salmon, 1/8-inch red bell pepper strips instead of tomatoes, or broccoli florets or snow peas instead of asparagus - and monitor the roasting times accordingly. Generally speaking, the thinner and less dense the food, the shorter the cooking time. So, put the more delicate vegetables under the fish.

**COURTESY:** Carol Fenster  
Savory Palate, Inc.  
[www.savorypalate.com](http://www.savorypalate.com)



# 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.



**COURTESY: Hillori Hansen, Chef**  
**Whole Foods Market**  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)



## Mediterranean Tuna Salad

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.



- 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** 1 Tbsp. chopped fresh oregano
- 1/2 cup mayonnaise
- 3 Tbsp. 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. Serves: 8 -10 people.

### 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.*

## DairyMAX Recipes

### Overnight Oatmeal Trio

- 1/3 cup old fashioned oats
- 2 Tbsp. dried sweetened cranberries or raisins
- 2/3 cup milk
- 1 Tbsp. chopped pecans
- Dash of cinnamon
- Brown sugar or honey, if desired

Layer ingredients, except brown sugar, in a jar. Cover; refrigerate at least 8 hours but no longer than 3 days before eating. Add brown sugar or honey, if desired.

**Variation:** Use chopped dried apricots, orange zest and walnuts instead of cranberries and pecans.

Use dried blueberries and sliced almonds instead of cranberries and pecans.



### Slow Cooker Chili

- 1 pound lean ground beef
- 1 green bell pepper, chopped
- 1 onion, chopped
- 2 cans (15-oz.) red kidney beans, undrained
- 2 pkts. (1 to 1.25-ounce) chili seasoning mix
- 1 12 to 15-oz.) can tomato sauce
- 1 10-oz. can diced tomatoes and green chilies
- 1 1/2 cups shredded Cheddar cheese
- 1/2 cup sour cream



In a large skillet, brown first three ingredients. Put mixture in slow cooker. Add next four ingredients to slow cooker and stir. Cook on low for 6 hours or on high for 3 hours.

Serve with cheese and sour cream.

**COURTESY: Hillori Hansen, Chef**  
**Whole Foods Market**  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

**COURTESY: Sarah Ryan**  
**Dairy MAX**  
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