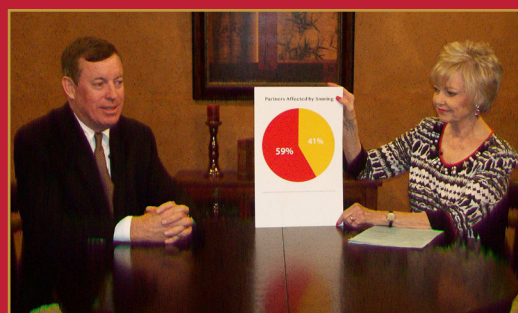


# *Creative Living with Sheryl Borden*

## 7600 Series - Foods & Nutrition - Section II



*Sheryl Borden*  
*Producer/Host*



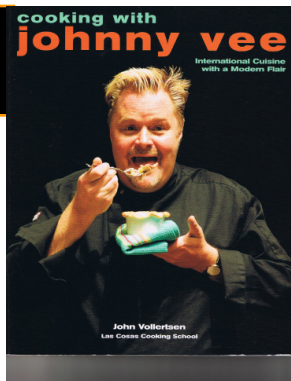
# Table of Contents

## 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.**

# New Mexico Favorites



## Great Guacamole

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



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

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

## Charred Salsa Roja

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



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

## Sopaipillas

Makes about 24 small puffs

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

Combine the flour, baking powder, and salt in a medium-size bowl, and cut in the shortening until the mixture resembles coarse cornmeal.

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



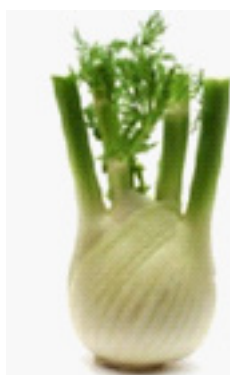
**COURTESY: John Vollertsen**  
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[www.chefjohnnyvee.com](http://www.chefjohnnyvee.com)



# Celebrate Salty!

## Sweet Fennel & Olive Mash

- 3 large Russet potatoes, peeled & chopped
- 2 large garlic cloves
- 2 Tbsp. butter
- 1 bulb fennel, cored and finely sliced
- 1 tsp. sugar
- 1/4 cup vegetable stock plus 2 tablespoons
- 1 cup heavy cream, hot
- 1/4 cup sliced black olives
- Salt and white pepper to taste



Cover potatoes with cold water in medium saucepan and cook, covered until very tender. Drain and set aside. Melt butter in heavy skillet; add fennel and saute until fennel is nicely browned. Add garlic and allow to brown slightly. Add 1/4 cup vegetable stock and cook over very low heat until fennel is tender, about

20 minutes. Add remaining stock and sugar and cook fennel until it caramelizes. Add garlic clove to potatoes and pass through a ricer. Gently fold in enough hot cream to make moist mashed potatoes and then stir in fennel and olives. Season with salt and pepper, cover and keep warm until ready to serve. Serves 6.

**Chef Chat** - the more you mash those potatoes the more you develop the starch in them. Try using an old fashioned ricer and then gently fold in the cream. Your potatoes will be light and fluffy, and not like tile grouting!

## Putanesca Sauce

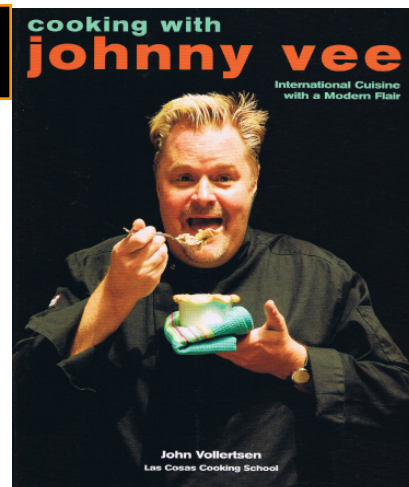
- 1/4 cup olive oil
- 6 garlic cloves, sliced
- 14.5 oz. good quality canned, diced tomatoes
- 1/2 cup pitted black olives

- 1/3 cup capers, drained
- 6 anchovies, chopped
- 1/2 tsp. red pepper flakes, or to taste
- 1/2 tsp. freshly ground pepper
- 8 leaves fresh basil, cut into chiffonade
- 1 lb. linguini
- 1/2 cup grated Parmigiano Reggiano cheese

Heat olive oil in a medium saucepan over medium heat. Add garlic and saute until it starts to brown. Add tomatoes, olives, capers and anchovies and stir to combine. Reduce heat to low and allow sauce to simmer for 15 minutes. Stir in red pepper flakes, pepper and basil and remove from the heat.

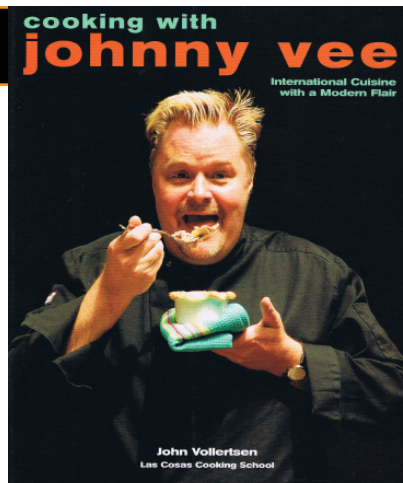
Cook linguini in a large pot of salted boiling water until *al dente*. Drain noodles but do not rinse. Toss pasta with the sauce and plate onto warm dinner plates. Toss each serving with cheese and serve immediately. Serves 6.

**Chef Chat** - never rinse pasta noodles as it washes away the starch that the sauce should adhere to. Some Italian chefs even add a bit of the pasta water to the sauce to complete it.



**COURTESY: John Vollertsen**  
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# Tasty Thai Cuisine



## Thai Marinated Shrimp

- 2 lb. peeled, cooked shrimp, tail on, size 16-24
- 1/4 cup fresh mint, chopped
- 1/4 cup cilantro, chopped
- 1 Tbsp. Sambal Oelek, or to taste, ground fresh chili paste (found in Asian Markets)
- 1/4 cup soy sauce
- 3 limes, juiced
- 3 Tbsp. sugar
- 2 stalks lemon grass, finely chopped
- 1 cup bean sprouts
- Fresh chilies to garnish



In a food processor bowl, using the steel blade, blend together mint, cilantro, lemon grass and sugar. Combine until smooth. Add Sambal Oelek, lime juice and soy, blend until combined. Toss shrimp in marinade. Allow shrimp to marinate for 30 minutes. Arrange bean sprouts on large platter, and pile shrimp in the center of sprouts. Scatter fresh chilies on platter and serve.

**Chef Chat** - Shrimp should be prepared just 30 minutes prior to serving time as they will toughen as they sit in lime juice. It might be a good idea to warn the guests not to eat the chilies, especially after a few cocktails! Lemon grass is also not particularly digestible, so leave as much of it as possible off the shrimp as you plate them.

## Thai Deviled Eggs

- 12 eggs, hard-boiled, peeled and cut in half lengthwise
- 3 fresh Thai chilis - red or green
- 2 large shallots, minced
- 3 Tbsp. fish sauce
- 5 Tbsp. lime juice
- 1 tsp. roasted red chili paste, aka chili jam

- 1 tsp. sugar
- 3 Tbsp. cilantro leaves

Place cut, hard-boiled eggs on a deviled egg platter or a plate. Make egg salad dressing by combining chilies, shallots, fish sauce, lime juice, roasted red chili paste and sugar. Use a small spoon to spread sauce equally over each egg yolk. Garnish with cilantro. Enjoy as an appetizer or side dish.



## Thai Coconut Rice

- 2 cups Jasmine rice
- 1/2 cup dried, shredded coconut
- 3 cups water
- 1 cup coconut milk
- 1 tsp. salt
- 4 small Thai chilies, seeded and finely chopped

In a medium saucepan, bring rice, dried coconut, water and coconut milk to a boil. Add chiles, cover pan and allow to simmer for 20 minutes. Fluff and serve. Serves 6-8.

**COURTESY: John Vollertsen**  
**Las Cosas Cooking School**  
[www.chefjohnnyvee.com](http://www.chefjohnnyvee.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.)



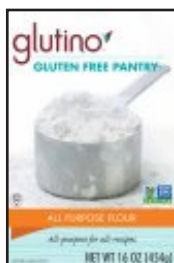
G-Free Foodie Box Club Monthly Subscriptions:

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 cups 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



onto a 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" 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](http://www.gfreefoodie.com)



# California King Salmon Recipes

## California King Salmon Salad

### Salmon

- 1 lb. California King Salmon filets
- Olive Oil Spray
- 2 tsp. olive oil
- 2 tsp. fresh lemon juice
- Salt & pepper to taste
- 1 clove garlic, minced or pressed
- 1 1/2 tsp. fresh rosemary leaves minced

Spray broiler pan or grill with the cooking spray. Pre-heat oven broiler or grill. Mix the olive oil, lemon juice, salt, pepper, garlic and rosemary. Brush mixture on both sides of the fish. Place fish under the broiler or on the grill. Broil about 4 inches from the heat for 5 minutes per half-inch of thickness or until fish is flaky in the middle. Cut salmon into 3-4 inch chunks.

### Salad

- 6 oz. bag spring salad mix or your favorite mix
- 1/2 red bell pepper, thinly sliced, then cut in half
- 1/4 cup mushrooms, sliced
- 1/2 cup cherry or grape tomatoes, halved
- 1 cup croutons
- Vinaigrette or your favorite salad dressing to taste

In a big bowl, add salad mix, red bell peppers, mushrooms and tomatoes. Top with salmon chunks and croutons. Toss with your favorite dressing, or serve dressing on the side. This salad is just as good with cold salmon as it is with hot.

### Lemon Slices

- 12 Rhodes Dinner Rolls, thawed but still cold
- 1/2 cup sugar
- Grated zest from 3 lemons
- 1/3 cup butter, melted

### Lemon Glaze:

- 2 ozs. cream cheese, softened
- 1 tablespoon fresh lemon juice
- 1/2 cup powdered sugar

Cut each roll in half and press each half into a 3 x 3-inch oval. Combine lemon zest and sugar. Dip each oval into the melted butter and then press into the sugar zest mixture. Line them up in a sprayed 9 x 5-inch loaf pan, each piece on its edge to make a loaf shape. Cover with plastic wrap and let double in size. Remove wrap and bake at 350 degrees 25-30 minutes. Cover with foil last 5-10 minutes, if necessary, to prevent over browning. Remove from pan to cool. Combine glaze ingredients and spread over warm lemon slices.

## Baked Salmon with Avocado Mango Salsa

### Salsa

- 1 large mango, chopped
- 2 ripe avocados, chopped
- 1/4 cup minced red onion
- 1 Serrano chile, minced
- Juice of 2 limes

### Glaze

- 1 tablespoon brown sugar
- 1 teaspoon honey
- Juice of 1 lemon
- 1 tablespoon soy sauce
- 4 (6 ozs. ea.) salmon filets
- Olive oil
- Salt, to taste

Prepare salsa, set aside.

Mix together Glaze ingredients in a small bowl. Line a roasting pan with aluminum foil, brush with olive oil.

Place salmon on pan, skin side down and brush with olive oil. Brush with glaze. Sprinkle with salt. Bake at 400 degrees for 10-15 minutes or until fish flakes in the center. Serve with Avocado Mango Salsa.

Makes 4 servings.



**COURTESY: Connie Moyers**  
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## GOING NUTS OVER THE HOLIDAYS

### APPLE PEANUT CHUTNEY

- 4 small apples
- 1/2 cup of peanuts
- 1/2 cup of golden raisins
- 3/4 cup of Moscato wine
- 1 Tbsp. ginger paste
- 1 Tbsp. red pepper paste

Soak the raisins and peanuts in the wine for at least an hour. Dice the apples and cook in a saucepan, over medium heat. Mix all the ingredients and stir until the apples are soft but not mushy. Serve as a compliment to your favorite meat dish.

### ROASTED BRUSSELS SPROUTS WITH HONEY AND PEANUTS

- 2 cups (approximately) Brussels sprouts, outer darker leaves removed, stems removed and cut in half
- 3 Tbsp. olive oil
- Salt and pepper to season
- 2 Tbsp. butter
- 1/4 cup honey
- 1/2 cup unsalted peanuts, lightly pounded in a mortar and pestle and dry roasted in a hot pan
- "Splash" of balsamic vinegar



Preheat oven to 350 degrees F. Add the olive oil, salt and pepper to the Brussels sprouts ensuring they are well coated. Place in a baking tray and cook for 20 minutes. (The edges should be slightly crispy and browning nicely). Remove and set aside. Heat the butter in a pan until melted and

bubbly. Add the honey and peanuts and allow the mixture to come to a boil. Add the balsamic and the roasted Brussels sprouts and toss to combine.

### GREEN BEAN SATAY

- 1 lb. green beans, trimmed
- 1 Tbsp. olive oil
- 2 Tbsp. peanut butter
- 1 Tbsp. soy sauce
- 1 Tbsp. hot water
- 2 tsp. lemon juice
- 1 tsp. Sriracha



Saute green beans in olive oil until tender. Meanwhile whisk peanut butter, hot water, soy sauce, lemon juice, and Sriracha until smooth. Place green beans on serving dish and drizzle with peanut sauce.

### EASY PEANUT BUTTER PIE

- 1 9-inch graham cracker pie crust
- 1 8 oz. package cream cheese, softened
- 1 cup creamy peanut butter
- 1 cup powdered sugar
- 1 8 oz. container whipped topping, thawed
- 2 Tbsp. powdered sugar
- 1 Tbsp. peanut butter

#### For the Filling:

In a medium bowl beat the cream cheese and the peanut butter until well blended and smooth. Add the powdered sugar and beat until well blended. Gently fold in 1 1/2 cups of the whipped topping just until combined.



Pour into the crust and spread evenly. Spread the remaining whipped topping over the top. Sprinkle with the peanut butter crumbs. Chill for a minimum of 2 hours or overnight. For the Crumbles on top: In a small bowl, using a fork, cut the peanut butter into the powdered sugar until crumbs are formed.

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