

Creative Living with Sheryl Borden

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"Celebrating our 41st Season"

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e-mail address: sheryl.borden@enmu.edu Phone: 575-562-2112



COME SEE ME

I would like to invite you to "like" me on my [Creative Living with Sheryl Borden Facebook page](#). If it's easier, just type in **"Creative Living with Sheryl Borden"** in the Search Window, and it'll bring it up.

We started taping new segments for "Creative Living" on September 15th with a new crew of communication students, some former guests and some new guests. It's always exciting when a new semester begins.

My first guest this semester was a dear friend who's been on the show before. **Judi Moreo** is an author, motivational speaker, online radio personality and artist from Las Vegas, NV. Her business is [Turning Point International](#). We taped one segment

on her newest book "You Are More Than You Think You Are," another one on The Achieve-More Method, one on Choices Magazine and online radio interviews, and a final one on her book titled "Overcoming



Cancer: A Journey of Faith." Each segment is so enlightening, motivating, and inspirational, and I can't wait for you to see them all.

On September 27th, I had the pleasure of meeting and working with **Toufic Khayralah** (he said we could just call him T.K.) from Ottawa, Canada who represented [Sirena Water Vacuum](#). I learned so much about new technology in the vacuum cleaner field. Sirena



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does not use bags, it eliminates allergens, pet hair & odors from the home, harnesses the power of water to effectively clean carpets and furniture, provides indoor air quality - and much more. It comes with lots of attachments and takes the place of multiple other cleaning aids. The “wow” factor came when he demonstrated using the vacuum and then opened the water bowl to see what all was in there!

Since I'm a bit late getting this newsletter out, I wanted to go ahead and tell you about my guest on October 4th. **Sarah Ryan** is a Registered Dietitian Nutritionist with [DairyMAX](#) out of Houston, TX and she taped four very interesting segments with me. Of course all of the segments focused on the importance of incorporating milk, dairy, yogurt and cheese in our meals. I'll share two of her recipes with you below. I hope you'll enjoy them.

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.

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



Layered Spinach Supreme

- 1 cup buttermilk baking mix
- 1/4 cup milk
- 1/2 cup finely chopped onion
- 4 eggs
- 1 (10-ounce) package frozen spinach, thawed and drained
- 1 1/2 cups (12 ounces) small curd cottage cheese
- 1/2 cup grated Parmesan cheese
- 4 ounces Monterey Jack cheese, cubed
- 2 cloves garlic, crushed

Preheat oven to 375° F. Spray a 12x8x2-inch baking dish with nonstick spray. Mix baking mix, milk, onion and 2 eggs (reserving the other 2 eggs for the cheese mixture); beat vigorously 20 strokes. Spread in dish. Mix remaining ingredients and the 2 reserved eggs. Spoon evenly over batter in dish. Bake until set, about 30 minutes. Let stand 5 minutes before cutting into squares.

