

# Creative Living

with Sheryl Borden



#6400 Series

Foods & Nutrition - Section III

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**Due to the size of this section, it has been separated into three sections in order for it to be downloaded more quickly. For instance, “Fuel Up to Play 60” is in Section I on page 3, whereas “Top-Coating” is in Section II on page 11 and “California Raisins-The Wise Choice” is in Section III on page 20.**

# CALIFORNIA RAISINS - THE WISE CHOICE



## California Raisin Peanut Butter Spread

- 3/4 cup California raisins
- 1/2 cup apple juice
- 2 Tbsp. honey
- 2 tsp. ground cinnamon
- 1 cup creamy peanut butter



Measure raisins and apple juice into small saucepan and bring to boil; reduce heat and simmer for 8 to 10 minutes or until raisins have absorbed all the juice. Stir in honey and cinnamon; cool slightly. Stir in peanut butter. Spread onto graham crackers, bread, mini-bagels apple slices or celery sticks. Great for lunches! Place in small plastic container with graham cracker sticks for dipping! Two tablespoons spread on 4 squares (2.5-inches each) graham crackers per serving. Yields about 1 1/2 cups.

## California Raisin Peanut Butter Roll Ups

- 6 whole wheat flour tortillas
- 6 tablespoons smooth peanut butter
- 12 Tbsp. California raisins

Warm tortillas on a hot griddle to soften enough for rolling. Arrange on cutting board and spread 1 tablespoon peanut butter evenly over each. Sprinkle 2 tablespoons of raisins evenly on top of peanut butter. Roll up tightly. Slice diagonally 1/2-inch thick. Serve immediately or wrap and pack into lunch box for later.



## Savory California Raisin Trail Mix

- 1/2 cup cacao nibs
- 1 cup hulled pumpkin seeds or sunflower kernels
- 1 cup California natural raisins
- 1 cup California golden raisins
- 1/2 teaspoon salt
- 1/2 teaspoon chipotle chile pepper powder

Heat a large nonstick frypan over medium heat and spray lightly with cooking spray. Add cacao nibs; toast, stirring constantly for 2 minutes. Stir in pumpkin seeds and toast 2 minutes more, stirring constantly. Add raisins, salt and pepper; toss to coat and heat for another 2 minutes or until raisins plump.



## Jane's Favorite Tri-colored Salad

- 8 ounces orzo
- 3 tablespoons olive oil
- 3 cups fresh spinach
- 3/4 cup Feta cheese
- 1 cup California raisins
- 12 fresh basil leaves, torn
- 1/2 cup pine nuts, toasted
- 3 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper



Cook pasta as directed on package. Drain and turn into large serving bowl; drizzle with olive oil and toss to coat well. Set aside to cool. Add remaining ingredients to bowl; toss to combine well. Serve at room temperature.

**COURTESY: Michelle Dudash  
California Raisin Marketing Board**



# COOKING WITH JOHNNY VEE

## GRILLED EGGPLANT ADOVADO

Serves 6 or more as a side dish

- 2 medium eggplants
- 1/3 cup olive oil
- 1/4 cup crushed caribe chile
- 2 tablespoons ground mild chile
- 2 tablespoons ground hot chile
- 4 garlic cloves, crushed
- 1 tablespoon toasted and ground cumin
- 1 teaspoon Mexican oregano
- 1 1/2 teaspoon salt + additional
- Fresh ground pepper
- 2 cups water
- Juice of one lime

Slice eggplant into 2-inch slices. Brush both sides with olive oil and season with salt and pepper. Prepare the grill. Grill eggplant slices until nice and browned, about 4 minutes on each side. Cut slices into 1-inch by 1-inch pieces. Place chilies, garlic, cumin, oregano, salt, lime juice, water and lime juice in a blender and blend until smooth. Scatter eggplant in large baking dish and pour chile mixture over it. Stir and allow to marinate for 10 minutes. Cover dish and bake at 400° for 30 minutes or until sauce has thickened and coated eggplant. Serve with grated cheddar cheese, sour cream, chopped scallions, and sprigs of fresh cilantro.



**Chef Chat** - Use this as the filling for vegetarian tacos, taquitos, or tamales. The cooked-down eggplant with taste like a delicious sweet meat filling.

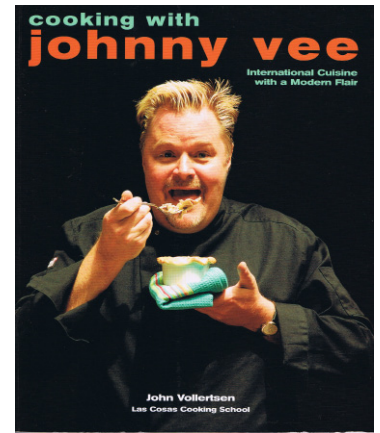
## CHICKEN STOCK

Makes 4-6 quarts

- 1/2 stick unsalted butter
- 4 pounds chicken carcasses, including necks and backs
- 1 large onion, chopped
- 4 carrots, peeled and chopped
- 4 ribs celery, chopped
- 1 leek, white part only, cut in 1/2 lengthwise and rinsed
- 1 head garlic, sliced in half around the middle
- 10 sprigs fresh thyme
- 10 sprigs fresh parsley with stems
- 2 bay leaves
- 10 peppercorns
- Cold water

Melt butter in a heavy roasting pan over medium heat. Place chicken and vegetables in the pan, stir to coat with butter and roast at 400° for 45 minutes or until the bones and vegetables are nicely browned. Meanwhile make a bouquet garni by wrapping thyme, parsley, bay leaves and peppercorns in a large square of cheese cloth and tie with kitchen twine forming a sachet of spices. Scrape roasted bones and vegetables into a large (8 Qt. or larger) stockpot and fill pot 2/3 full with cold water. Deglaze pan with 1 cup cold water or dry white wine and add to the pot. Bring stock to a boil and then turn down to a simmer and cook uncovered for two hours or so adding water as needed to keep bones and vegetables submerged. Allow stock to reduce for the last 15 minutes of cooking time.

Strain stock through a fine mesh strainer into another large stockpot or heatproof container discarding the solids. Cool immediately in large cooler of ice or a sink full of ice water to below 40°. Place in refrigerator overnight. Remove solidified fat from surface of liquid and store in container with lid in refrigerator for 2 to 3 days or in freezer for up to 3 months.



## TUSCAN CHICKEN SOUP WITH CANNELLINI BEANS & ESCAROLE

Serves 6

- 2 tablespoons olive oil
- 1 small onion, diced
- 1 medium carrot, diced
- 3 cloves garlic, minced
- 6 cups chicken stock
- 1/2 teaspoon fresh oregano
- 1/2 teaspoon red pepper flakes
- 1 can cannellini beans, rinsed
- 1 cup canned fire-roasted diced tomatoes
- 1/2 cup orzo or other small pasta
- 6 leaves escarole, chopped
- Salt & fresh ground pepper to taste
- Parmesan cheese
- Extra-virgin olive oil

Heat olive oil in a 4-quart saucepan over medium heat. Add onion, carrot, and garlic and sauté until lightly browned. Add chicken stock, oregano and red pepper and bring to a boil. Reduce heat to low, cover and simmer 10 minutes or until vegetables are tender. Stir in cannellini beans, tomatoes and pasta and return to a boil. Reduce heat to low, cover and simmer 15 minutes or until pasta is tender. Stir occasionally. Add escarole and allow it to wilt slightly. Season with salt and pepper and serve garnished with Parmesan cheese and a drizzle of extra virgin olive oil.

**COURTESY: Chef Johnny Vee  
Las Cosas Cooking School**



## Two Mothers Foods

Two Mothers Foods began by offering a lunch program for the Four Winds Waldorf School in Warrenville, IL. We are expanding, and now have a reduced-waste lunch shop in Naperville, Illinois. We hope to share our venture with other conscientious eaters who like the idea that their lunch creates minimal waste.

### Healthy clean food:

Minimal waste means our food is served in reusable glass mason jars, with a cloth napkin and real silverware, all in a canvas bag. You also have the option to bring in your own container or thermos and receive a discount. We get many of our ingredients from the Chicago Green City Market and the Geneva Green Market, and we have super-sized CSA's with local farms to supply us much of the year. We try to be approachable to all. At least 50% of our menu is vegan, gluten free, sugar free, dairy free, soy free, and nut free. We are absolutely committed to sustainability: We do not want to be a food company that creates waste from paper, plastic, or even one-use recyclables or compostable materials.

### Clean food is:

- \* Organic (as much as possible), third party certified.
- \* Chemical-free, low allergen and unprocessed.
- \* Free of sugar and artificial sweeteners: we only use honey from a local farm.
- \* Absolutely no factory farmed animal products.
- \* Most of our foods are free of nutrient-poor ingredients, such as wheat, sugar, corn syrup and gluten-free mixes.

**COURTESY: Christy Kabbani & Nicky Poloski  
Two Mothers Foods**



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