

# Healthy

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by, and teaches workshops on changing diet and lifestyle called "Food for the Untamed Soul, Nutrition, Self-Healing and Lifestyle Plan for Everyone." "For the healthy who want to remain healthy and for the unhealthy who are serious about getting better."

Like Cadman, she believes organic food is healthy food. "Just like a plant will become sick and diseased from a lack of nutrients in the soil, so does the human body without nutritious food," Heard said. "Organic-quality foods are free from harmful toxins and provide people with vitamins, minerals, phytochemicals and nutrients that are essential for a healthy mind and body and that also help protect against disease."

She said free radicals are molecules containing extra oxygen that are generated by cells in the body upon exposure to toxins from the air, water, food and drinks, radiation, computer screens, viruses, germs or fungi. However the body's cells must also be protected from these free radicals via antioxidants. Cells left unprotected are damaged by free radicals, which leads to rapid aging, wrinkles, age spots, a weakened immune system and diseases such as cancer.

## Sunflower Seed Hummus

Adding sunflower seed hummus collard wraps to your list of foods is a great way to incorporate more raw food into your diet.

Heard said there are many health supportive properties in this hummus that make it great for prevention of heart disease, cancer and candida. Raw hummus and vegetable wrap combination provides a good source of protein, magnesium, vitamin E, phosphorus, copper, iron, calcium, fiber, B vitamins, vitamin C, chlorophyll, flavonoids, carotenes and monounsaturated fat.

Servings: Makes 1 1/2 cups of hummus (enough for about 12 wraps)

- 1 cup sunflower seeds (soak in water for 1 hour or more)
- 1 teaspoon garlic (approx. 1 large clove peeled and chopped)
- 1 tablespoon raw Tahini butter
- 2 tablespoons olive oil
- 2 tablespoons lemon juice (juice from 12 lemons)
- 1 teaspoon sea salt
- 1 teaspoon onion gummin
- 1/2 teaspoon cayenne
- 1/2 cup chopped fresh parsley
- 1/2 teaspoon sweet paprika
- 1 teaspoon chopped green onion
- 1/2 cup water

**Wraps:**  
6-12 large collard leaves washed well



Daniele Heard prepares raw sunflower seed hummus collard wraps Thursday in her kitchen. *Lee Kessell/News-Journal Photo*

- 1-2 carrots peeled and julienned
- 1-2 red bell peppers peeled and julienned
- 1-2 large cucumbers peeled, seeded and julienned
- 1 napa cabbage peeled and sliced into 3-inch thin strips
- 1-2 avocados peeled, seeded and sliced into thin strips
- 5-10 ounces fresh sprouts

Place all of the hummus ingredients into a food processor. Blend until smooth. Stop a few times to scrape ingredients with a spatula from the sides of the processor so the hummus will blend thoroughly.

Remove blended hummus from the food processor and place into a serving bowl or storage container. Cover and refrigerate until ready to serve or use to make the collard wraps.

Next prepare your collard leaves and julienned vegetables. Wash all vegetables well. Peel carrots and cucumbers. Remove the seeds from the great cucumbers. Cut the tops and bottoms off of the bell peppers and completely remove all of the seeds and white pith. Cut the vegetables into julienne size sticks. You want the vegetable sticks to be about 3-4 inches long. Peel and slice the avocado and mango.

Once all of your vegetables are prepared, lay a collard leaf face down horizontally on a cutting board with the underneath side of the leaf face up and the stem end on the right. Remove the thickest part of the stem of the collard leaf. Next spread a couple of tablespoons of hummus vertically onto the collard leaf until the middle and above the leaf

vein. Then layer the various vegetable ingredients and sprouts on top of the hummus. Finally, fold the bottom half of the leaf up over the vegetables and hummus. Then fold the right side of the collard leaf over the ingredients and while holding the hummus and vegetables in place tightly, roll the leaf to the left to create the wrap. Source: [www.artemisthecity.com](http://www.artemisthecity.com)

## Quinoa

Quinoa provides a high source of protein, all of the essential amino acids as well as many other important vitamins and minerals such as magnesium.

Quinoa originated in South America and is considered a whole grain. But quinoa is actually a seed. The Incas considered quinoa to be "the mother seed."

Additionally, what is so great about quinoa is that it cooks quickly in just 10 to 15 minutes and is quite versatile. Quinoa's versatility allows you to cook creatively and use many spices to create different dishes.

This is a highly beneficial food for people who have hypoglycemia or diabetes.

Servings: Makes 4 Servings

- 1 cup Quinoa
- 1 1/2 cups water or vegetable stock (1 or 1/2 cup of each)
- 1/2 teaspoon sea salt
- Sautéed vegetables
- 1/2 cup peeled carrots cut into half-moons
- 1 cup zucchini cut into half-moons
- 1/2 cup red bell pepper medium dice
- Sea salt to taste
- Ground black pepper to taste
- 1 tablespoon chopped fresh parsley

In a 2 quart sauce pan add one tablespoon of olive oil and warm over medium heat. Add the onions and garlic and lightly sauté for a couple of minutes until soft.

Add the quinoa, 2 cups of water or vegetable stock and the sea salt to the sauce pan. Cook uncovered on medium heat for approximately 10 minutes until the liquid is gone and the quinoa is translucent with white rings. Remove from pan and place in a serving bowl.

While the quinoa is cooking add one tablespoon of olive oil to a large skillet. Warm the oil on medium high heat and add the carrots. Sauté for a couple of minutes before adding the red bell pepper, zucchini, sea salt and ground black pepper. Continue to lightly sauté for another couple of minutes. Be sure to not overcook the vegetables. You want them firm with bright color.

4. Fold the sautéed vegetables into the cooked quinoa along with one tablespoon of chopped fresh parsley. Serve hot but quinoa is also good cold.

More information about Heard and Cadman is available at [news-journal.com](http://news-journal.com). Then click on Features, Cadman and his wife Jerica operate Shady Grove Ranch, [www.shadygroveranch.net](http://www.shadygroveranch.net). For more information about Heard go to [artemisthecity.com](http://artemisthecity.com).

# Cost

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times, you can buy it ready for the oven. Other times, you will have to boil it until the meat is tender and some of the fat is leached out.

When you buy brisket (that is not cured), you'll find some that have a lot of fat and are cheaper than those that have less fat. I talked with a butcher about the difference in price. I picked out one of each that seemed to be the same price: \$13.27 (12.65 pounds at \$2.48/pound) and \$31.14 (7.31 pounds at \$4.26/pound). The cheaper one would need to have 30 percent of the fat trimmed off and would lose another 5 percent in cooking. Unless my math is wrong (and that could well be true), you math guru out there) that means the first one would come out to \$3.25 a pound, or a true cost of \$41.11 for the piece that weighs a little more than 8 pounds. The second one would not be cooking to be trimmed, but would lose 10 percent in cooking. That means it would end up weighing 6.58 pounds for a true cost of \$4.26, or \$4.68 a pound. Once you cut a piece if the extra pound and a half for the first one is worth the difference of \$6.26.

There is one possible exception to the above. The butcher said if you are going to smoke the brisket, you need the extra fat to keep the meat moist during the long cooking process. Here is how Ron and I cook roasts: I cook the beef and he does the pork. To begin, set the roast out for one hour so the inside can warm up a bit. To cook, have a rub. I use a rub for beef. Ron cooks Greek seasoning on a pork roast. For the beef, heat the oven to 450 degrees. Place meat on a rack in an uncovered pan and cook until the outside is a caramel color, which will take about 10 to 20 minutes, depending on size of the roast. As it cooks, check the juices in the pan. You want them to be brown, but after that point, add 1/2 cup water occasionally to the pan so they don't burn. Once the meat is a dark caramel color, turn down the oven to 300 degrees, and cook to desired doneness, which will take about 45 minutes to two hours, depending on the size and how done you want it: 145 degrees for rare, 160 degrees for medium. (Be sure to check meat

with a thermometer. They cost about \$15, and you will find many uses for it.) I cooked a 10 pound roast in a little less than two hours for medium. Ron cooks his pork roast by putting it on a rack in a covered pan, adding 1/2 to 1 cup water, and cooks it at 350 degrees for 45 minutes per pound. Once the meat is to your desired doneness, remove to a platter and tent with foil. Let sit for at least 10 minutes. Then let the juices soak back into the meat. During the time the internal temperature will rise about another 10 degrees.

When making the gravy, taste the juice/drippings first. If it's too strong, add water to your taste after you have removed the fat in the drippings. The more you brown the flour, the more you will need. Just cook long enough for the gray to lose the flour taste. Season to taste.

For roasts, I usually make a gravy using a flour slurry. First add water to the drippings to dilute to taste. Then mix 1/4 cup of flour to 1/2 cup water. Add slowly to the juices, whisking constantly. Once you reach the consistency you like, bring to a boil and cook to desired thickness. Season to taste.

After I've boiled corned beef (if necessary), I take it out and let it dry. Then I put on a glaze made of mustard and brown sugar, with a little powdered cloves if you like them. This just has to be done by taste, so I can't give specific amounts. Put the corned beef into a 350 oven and cook until the glaze is shiny and almost dry to touch. This glaze is also good on season steaks.

While the roast is cooking at the lower temperature, roast your vegetables to go along with it. I cut potatoes into two-bit chunks, drizzle with olive oil and season with salt, freshly ground pepper and about two tablespoons fresh rosemary, chopped roughly. Toss to cover well and add to pan about an hour before roast is done. Brussels sprouts are a whole new experience when roasted, as do carrots, cauliflower and other root vegetables. Don't be afraid to experiment.

Say that I am a local food columnist who has supported herself as a personal chef, caterer and as food director at a large hotel. Her column appears monthly in the Longview News-Journal's late section. Write to her in care of the Longview News-Journal, P.O. Box 1192, Longview, TX 75602.

# Students

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teacher Ann Broyles said. "Five Tree students have done everything from baking and making sandwiches to coming up with their own salsa concoctions. Later this month, they'll be preparing on a salsa contest in the cafeteria for their peers to taste and judge."

"The only thing I will do is to buy the items they need," Broyles said. "They plan everything else."

Pine Tree's students have

prepared lunches, even creating a Cajun Christmas for Pine Tree's faculty and staff, but their friends have not yet had the opportunity to taste their creations.

"They're really excited," Broyles said. "Hallsville students also have prepared meals for school board meetings and various luncheons. The school has partnered with Johnny Caço's Seafood and Steak House, Papacita's, and Olive Garden to have students

in the restaurants, practicing their skills.

"They come on Tuesday and Thursdays and help us prepare lunch," Cathy Caço said. "We put them to work. They are right there in that kitchen."

Students help Johnny Caço's staff prepare salads, cut fish and a variety of other things in the kitchen. At Olive Garden they help prepare salads and breadsticks, and at Papacita's they help with the tortillas, Church said.

"Having this kind of opportunity at this time in their lives is priceless," Caço said.

Through the courses, students have the opportunity to earn a ServSafe certification. Next year, Hallsville High School plans to offer additional certifications to culinary arts students, Church said.

In addition to teaching them how to cook, the class has also broadened some students' horizons, Church said. The students have been exposed to foods from different

cultures, getting to study the culture along with preparing the meal. The students try their favorite dishes to prepare was stir fry, noting that she had tried making it with noodles as well as rice, and made her own hot sauce.

Fellow senior Makenzi Hammond said she is also considering pursuing a culinary arts career.

"I love baking and making pastries," she said. "I always like baking birthday cakes for my family, then in this class

they tend to give me the desserts to make."

She plans to attend school to become a dental assistant, then attend a culinary arts school that way if the culinary arts doesn't work out, she said something to fall back on. Her dream is to own a bakery.

"This class has taught me that you have to work as a team," she said. "You have to work with other people, taking cooking one step at a time."

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