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*In light of the new dietary guidelines released by the USDA in early 2005, consider the following great-tasting and easy-to-prepare "California Grown" recipes to help you meet your nutritional goals and live a healthy lifestyle.*

*California's agriculture touches and enhances your life in sometimes surprisingly simple ways. The "California Grown" program hopes you will experience, enjoy and savor the tips, ideas and recipes highlighted in this brochure.*

*To support the state's economy, seek out and choose one more locally grown item on your next shopping trip to the grocery store, farmers market, restaurant or home improvement retailer.*

### About the "California Grown" program...

Part of the Buy California Marketing Agreement, "California Grown" is a joint effort of agricultural industry groups representing the products of California's farms, ranches, forests and fisheries. The overall goal of the "California Grown" program is to increase awareness for and purchases of locally grown products. For more program information, go to [www.californiagrown.org](http://www.californiagrown.org).

# Live Deliciously!

The "California Grown" Way



A unique California lifestyle and menu guide designed to help you embrace and appreciate the Golden State's offerings, and live a healthy life!



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## Spicy Salmon with Tomato and Avocado Salsa

**Prep time: 15 minutes**  
**Cook time: 10 to 14 minutes**

- 4 (6-oz.) salmon fillets (may substitute sturgeon)

### Dry Rub:

- 2 tablespoons chipotle chile powder
- 1 tablespoon garlic salt
- 2 teaspoons ground cumin
- 1 teaspoon oregano leaves

### Tomato and Avocado Salsa:

- 1 large tomato, seeded and chopped
- 1 ripe but firm avocado, peeled, pitted and diced
- 1 clove minced fresh garlic
- 1/4 cup minced red onion
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons fresh lime juice
- Salt to taste

Rinse salmon and pat dry. In a small bowl mix together all dry rub ingredients. Sprinkle over top and sides of salmon fillets. Place on a well-oiled grill over medium heat for about 5 to 7 minutes per side or until salmon is cooked as desired. While salmon is grilling, stir together all salsa ingredients. Spoon salsa over hot cooked salmon.

Makes 4 servings.

### Nutritional Analysis Per Serving:

Calories: 410; Fat: 21g; Saturated Fat: 3.5g; Cholesterol: 120mg; Sodium: 1260mg; Carbohydrates: 10g; Dietary Fiber: 6g; Sugars: 2g; Protein: 46g

### Healthy Living Tip:

Consume fish that's higher in omega-3 fatty acids.



Treat yourself. Make your own beauty treatments from natural ingredients like honey and avocados, which are great for preparing your skin for manicures and pedicures!



When appropriate, unwind with a glass of red wine. It's good for the heart!

## Grilled Lamb with Fig-Wine Sauce

**Prep time: 15 minutes**  
**Cook time: 40 minutes**

- 1 cup Merlot or other medium-bodied red wine
- 1/2 cup honey
- 8 dried figs, stemmed and each cut into 6 wedges
- 3 orange slices
- 2 lemon slices
- 8 small lamb loin chops
- Sea salt and freshly ground pepper to taste
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons grated lemon zest

Bring the wine, honey, figs, orange and lemon slices to a boil in a medium saucepan. Reduce heat and simmer for 10 minutes; discard the orange and lemon slices. Simmer the wine mixture until reduced by half, about 20 minutes. Set aside and let cool. (Mixture will thicken as it cools.) Season lamb with salt and pepper. Place on grill over medium heat for about 5 minutes per side. Remove from grill to a platter and top with fig-wine sauce; sprinkle with rosemary and lemon zest.

Makes 4 servings.

### Nutritional Analysis Per Serving:

Calories: 530; Fat: 14g; Saturated Fat: 6g; Cholesterol: 95mg; Sodium: 240mg; Carbohydrates: 64g; Dietary Fiber: 6g; Sugars: 55g; Protein: 31g

### Healthy Living Tip:

Select foods that provide fiber, such as figs.



Appreciate the beauty around you. Surround yourself with locally grown cut flowers to brighten your day.



Take time to relax. Breathe in the natural beauty around you by lounging on a redwood, pine or cedar deck while watching the sunset.



## California Wild Rice Salad

**Prep time: 20 minutes**  
**Cook time: 45 minutes**  
**Chill time: 1 to 24 hours**

### California Wild Rice Salad:

- 3 cups reduced sodium chicken broth
- 1 cup wild rice
- 2 cups diced grilled chicken
- 1 cup 1-inch asparagus pieces, steamed
- 1/2 cup small cherry tomatoes
- 1/2 cup halved ripe olives
- 1/2 cup minced red onion
- 2 tablespoons snipped fresh basil
- Freshly ground pepper to taste

### Dijon Vinaigrette:

- 1/3 cup extra virgin olive oil
- 1/4 cup white wine vinegar
- 1 tablespoon Dijon mustard
- 2 1/2 teaspoons sugar
- 1/2 teaspoon salt
- 1 clove minced fresh garlic

Bring broth and rice to a boil in a medium saucepan. Reduce heat and simmer, covered, for 45 minutes or until rice is tender and splitting open. While rice is cooking, stir together all vinaigrette ingredients and set aside. When rice is ready, drain excess broth. Place rice in a large bowl with the chicken, asparagus, tomatoes, olives, onion and basil. Pour vinaigrette over salad and toss well; season to taste with pepper. Cover and refrigerate for at least 1 hour and up to 24 hours.

Makes 6 to 8 servings.

### Nutritional Analysis Per Serving:

Calories: 290; Fat: 13g; Saturated Fat: 2g; Cholesterol: 35mg; Sodium: 530mg; Carbohydrates: 24g; Dietary Fiber: 2g; Sugars: 3g; Protein: 18g

### Healthy Living Tip:

Prepare meals that are low in saturated fat.



Bring out your inner child. It's completely acceptable to put black olives on your fingers at any age!



Your friends and family are sure to enjoy snacking on healthy and delicious fresh cherries and grapes.



## Grilled Turkey with Peachy Barbecue Sauce

**Prep time: 5 minutes**  
**Cook time: 30 minutes**

- 1 cup bottled barbecue sauce
- 1 (15-oz.) can packed peaches, drained, or 2 cups peeled, sliced fresh peaches
- 1/4 teaspoon ground allspice
- 1/4 teaspoon pepper
- 1 (20-oz.) package boneless turkey tenderloins (may substitute chicken breasts)
- Salt and pepper to taste

Season to taste with salt and pepper and brush with some of the sauce. Grill over medium heat for about 20 minutes, turning and basting with sauce several times. Remove from grill when turkey reaches 160 degrees internally. Let stand for 5 minutes then cut into slices. Serve with remaining peachy barbecue sauce.

Makes 4 servings.

### Nutritional Analysis Per Serving:

Calories: 330; Fat: 2g; Saturated Fat: 0g; Cholesterol: 55mg; Sodium: 1000mg; Carbohydrates: 43g; Dietary Fiber: 1g; Sugars: 33g; Protein: 35g

Combine the barbecue sauce and peaches in a food processor or blender container and blend until smooth. Transfer to a small saucepan and stir in allspice and pepper; simmer for 10 minutes. Divide mixture between two bowls (one for grilling and one for the table). Rinse turkey and pat dry.

### Healthy Living Tip:

Incorporate fruit into your main dish to help reach the recommended nine servings of fruits and vegetables a day.



## Fall Salad with Tangy Yogurt Dressing

**Prep time: 20 minutes**

### Tangy Yogurt Dressing:

- 3/4 cup low-fat plain yogurt
- 3 tablespoons lemon juice
- 3 tablespoons honey

### Fall Salad:

- 6 cups chopped butter lettuce or 1 (7-oz.) bag butter lettuce and radicchio salad blend, chopped
- 1 ripe pear, cored and chopped
- 1 apple, cored and chopped
- 1/2 cup raisins
- 1/2 cup chopped, toasted walnuts
- 1/2 cup sliced green onions
- Salt and freshly ground pepper to taste

Whisk together dressing ingredients and set aside. Combine all salad ingredients in a medium bowl. Drizzle with dressing and toss well to coat. Season to taste with salt and pepper.

Makes 6 servings.

### Nutritional Analysis Per Serving:

Calories: 200; Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 30mg; Carbohydrates: 33g; Dietary Fiber: 3g; Sugars: 26g; Protein: 5g

### Healthy Living Tip:

Combine potassium-rich foods, such as yogurt, with fruits and vegetables to create a delicious fresh salad.



## Fruit Tart with Walnut Crust

**Prep time: 30 minutes**  
**Cook time: 25 to 30 minutes**

### Crust:

- 1/3 cup cold butter
- 1 cup flour
- 1 cup finely chopped, toasted walnuts
- 1/3 cup sugar
- 1 egg yolk
- 1 1/2 tablespoons water

### Easy Pastry Cream:

- 1 (8-oz.) block 1/3 less fat cream cheese
- 1/4 cup honey
- 1 teaspoon lemon extract

### Fruit Topping:

- 3 cups sliced fresh fruit: strawberries, peaches, nectarines, plums and kiwi
- 1/4 cup melted peach jam

Preheat oven to 350 degrees. Mix together butter, flour, walnuts and sugar with a pastry blender. Stir the egg yolk and water with a fork; stir into flour mixture until blended. Press into the bottom and sides of a 9-inch tart pan with a removable bottom. Bake for 25 to 30 minutes; remove from oven and let cool. Whisk together cream cheese, honey and extract until smooth and spread into prepared crust. Arrange fruit on top and brush lightly with melted jam. Serve immediately or refrigerate until ready to serve.

Makes 8 servings.

### Nutritional Analysis Per Serving:

Calories: 390; Fat: 24g; Saturated Fat: 10g; Cholesterol: 65mg; Sodium: 200mg; Carbohydrates: 39g; Dietary Fiber: 3g; Sugars: 23g; Protein: 8g

### Healthy Living Tip:

Fat intake should come from polyunsaturated and monounsaturated fats, like those found in walnuts.

