

Times-Call

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# LONGMONT

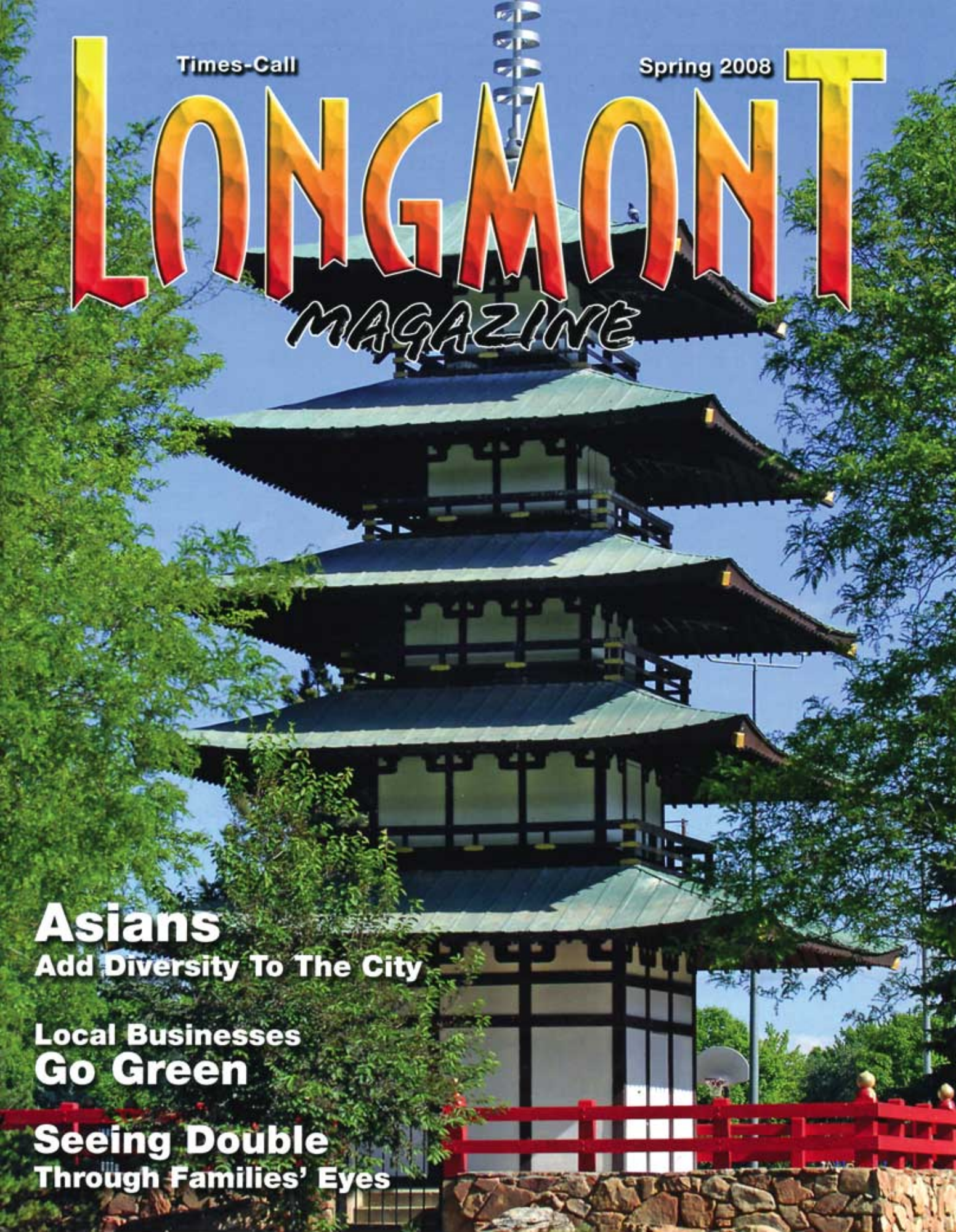
MAGAZINE

## Asians

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Local Businesses  
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Seeing Double  
Through Families' Eyes



# Peanutty Good

Packed with protein and a solid boost of energy, a scoop of peanut butter can keep you going. Although this nutrient-dense food contains fat and calories, it's low in saturated fat, which is the kind more people are reducing in their diets. Combine that gooey goodness with honey, cinnamon or maple syrup, and you've got yourself a sweet treat.

That's exactly what Boulder entrepreneur Justin Gold did when he launched Justin's Nut Butter in 2002. With about 40 different recipe ideas, Gold set out blending nut butters and a variety of ingredients into his own creations, including creative concoctions such as banana chocolate peanut butter. Using his friends and roommates, he tested the market with his flavors and discovered people liked it simple.

But what makes Justin's Nut Butter even more special is that it's all organic, created from a gourmet nut harvested in New Mexico. "Organic wasn't ever a choice, it was what I knew," he said.

Growing up in a small mountain town in Pennsylvania, Gold spent his time in the outdoors acquiring a taste and appreciation for natural foods. He studied environmental studies in college, which led him to a vegetarian lifestyle and an understanding of where food comes from. Combined with his education, childhood and his mother's natural food choices, Gold said starting an organic food company "came out of necessity for myself, and I'm lucky other people are enjoying it. I had an opportunity to do something that not only tasted good, but was natural."

Gold's philosophy was to keep it simple and nutritious, leading him to his flavors of honey, cinnamon or classic peanut butter; and honey, maple syrup and classic almond butter. Adding flavors to the nut butters allowed him to intensify the taste.

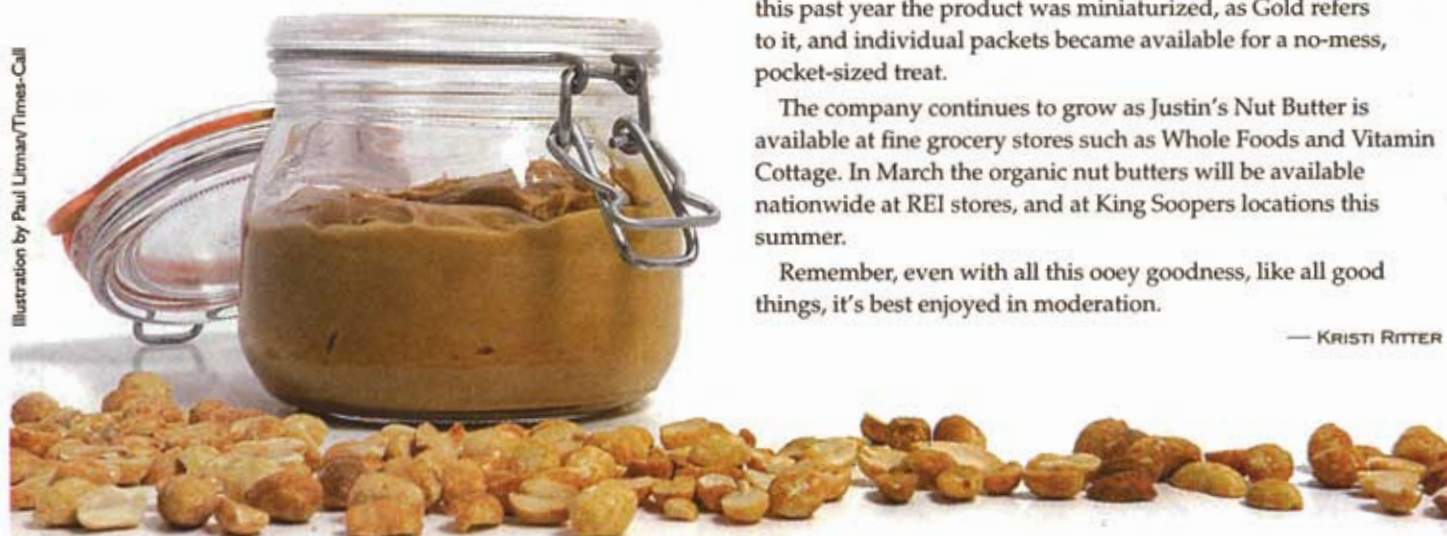
While Justin's Nut Butter is available in petite 16-ounce jars, this past year the product was miniaturized, as Gold refers to it, and individual packets became available for a no-mess, pocket-sized treat.

The company continues to grow as Justin's Nut Butter is available at fine grocery stores such as Whole Foods and Vitamin Cottage. In March the organic nut butters will be available nationwide at REI stores, and at King Soopers locations this summer.

Remember, even with all this ooey goodness, like all good things, it's best enjoyed in moderation.

— KRISTI RITTER

Illustration by Paul Utman/Times-Call





### Peanut Butter Oat Muffins

Courtesy Taste of Home, Quick Cooking 2005

- 1 1/4 cups flour
- 3/4 cup quick-cooking oats
- 3/4 cup packed brown sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- Dash ground cinnamon
- 1 egg
- 1/2 cup peanut butter
- 1 1/4 cups milk
- 1/2 cup chopped peanuts

In a bowl, combine the flour, oats, brown sugar, baking powder, salt and cinnamon. In another bowl, beat the egg, peanut butter and milk until smooth. Stir into dry ingredients just until moistened. Fold in peanuts.

Fill greased or paper-lined muffin cups three-fourths full. Bake at 375 degrees for 15 to 18 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve with whipped topping if desired.

### Spicy Spaghetti

Courtesy National Outdoor Leadership School

- 1/2 pound spaghetti or ramen noodles
- 4 cups water
- 3 tablespoons plus 1 teaspoon oil
- 2 tablespoons sunflower seeds
- 1 tablespoon dried onion, rehydrated
- 3 tablespoons brown sugar
- 1 teaspoon garlic
- 1/2 teaspoon black pepper (optional)
- 1/2 teaspoon hot sauce (optional)
- 1/2 teaspoon spike (optional)
- 3/4 cup water, or more as needed
- 3 tablespoons vinegar
- 3 tablespoons soy sauce
- 3 tablespoons peanut butter sliced green or wild onions, if available

Break pasta in half and put into boiling unsalted water to which 1 teaspoon of oil has been added. Cook until done; drain immediately. In a fry pan, heat 3 tablespoons oil and add the sunflower seeds and rehydrated onions. Cook and stir over medium heat for 2 minutes. Add the brown sugar, garlic and other spices if desired, and 3/4 cup water. Add the vinegar and soy sauce. Add peanut butter and stir. Do not burn. To eat this hot, heat the sauce thoroughly and pour over hot spaghetti.

This recipe is best cold, and it loses some of its saltiness as it sits. Mix sauce and spaghetti, cool quickly, and serve chilled. If available, sliced green or wild onions as a garnish and add to the flavor.

### Peanut Butter Cups

This is a rich bar, but delicious.

- 1 cup margarine, separated in half
- 1 12-ounce bag chocolate chips

- 2 1/2 cups powdered sugar
- 2 cups peanut butter
- 1 teaspoon vanilla
- 1 cup nuts, chopped

Line a 9-by-13-inch pan with waxed paper. Melt in a saucepan 1/2 cup margarine and chocolate chips. Spread in bottom of pan. Next, in a large bowl mix powdered sugar, peanut butter, vanilla and nuts. Melt the other 1/2 cup margarine and pour over this mixture. Spread on top of chocolate, cool. Finally, repeat step one by melting chocolate and butter and spreading over the top of peanut butter mixture. Cool. Cut into squares.

### Tangy Peanut-Sauced Ribs

Courtesy Better Homes & Gardens Limited Edition Cookbook, 2005

- 4 pounds meaty pork spareribs or pork loin back ribs
- 1/4 cup hot water
- 1/4 cup peanut butter
- 2 tablespoons lime juice
- 2 tablespoons sliced green onion
- 1/2 teaspoon grated fresh ginger
- 1/4 teaspoon ground red pepper



Trim fat from ribs. Cut ribs into four to six serving-size pieces. For a charcoal grill, arrange medium-hot coals around a drip pan. Test for medium heat around pan. Place ribs, bone sides down, on grill rack over drip pan. Or, place ribs in a rib rack, place on grill rack. Cover and grill for 1 1/2 to 1 3/4 hours or until tender. For a gas grill, preheat grill. Reduce heat to medium. Adjust for indirect cooking. Place ribs in a roasting pan, place on grill rack, and grill until tender. Meanwhile, for sauce, in a small saucepan gradually stir hot water into peanut butter (mixture will stiffen at first). Stir in lime juice, green onion, ginger and red pepper. Cook and stir over low heat until heated through. Spoon sauce over ribs.

### Peanutty Chocolate Banana Bread

- 2 cups flour
- 1 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup mashed ripe bananas (about two medium)
- 1/2 cup milk
- 1/2 cup peanut butter
- 3 tablespoons vegetable oil
- 1 egg
- 1 cup chocolate chips, divided
- 1/2 cup peanuts, chopped

Preheat oven to 350 degrees. Spray bottom of two medium-sized loaf pans, or one large. In a bowl, combine flour, sugar, baking powder and salt. Combine bananas, milk, peanut butter, oil and egg in a smaller bowl. Add to dry ingredients, mixing just until moistened. Stir in 3/4 cup of the chocolate chips. Spoon batter into pan. Chop peanuts and sprinkle them along with remaining 1/4 cup chocolate chips evenly over batter. For two loaf pans, bake about 40 minutes or until a toothpick inserted in the center comes out clean. Loosen sides of loaf from pan, remove loaf to a cool rack. Cool completely before slicing.

