

Tasty salads easy use for leftover bird

Time-saving turkey salads are terrific, and a good way to use the leftover Thanksgiving bird.

Turkey-Pasta Salad is your chance to use a turkey pan roast or make use of turkey "planned-overs." This salad adjusts to large or small crowds, making it a quick and easy meal for entertaining holiday guests.

Oriental Turkey Salad is just what you're looking for when you're short on time, but high on flavor.

A twist of garlic, ginger and soy sauce spice up ground turkey in this low calorie hot/cold salad. Combining fresh and stir-fried vegetables with ground turkey, you can whip up this impressive meal in a matter of minutes.

Is it really ground turkey? At only 338 calories per serving, you bet it is. Ground turkey is a boon to calorie counters by being significantly lower in calories and fat than any ground red meat. Based on good taste and great nutrition, ground turkey has reached an all-time high in demand, and consumption figures are still climbing.

On a source of calcium is necessary to make this a nutritionally complete meal.

Ground turkey is available fresh and tray-packed or frozen in a 1 or 2 pound tub. When working with frozen ground turkey, be sure to drain any excess liquid which may result from the freezing and defrosting process.

'BIG TIME' TURKEY-PASTA SALAD

- 2 1/2 cups turkey pan roast, julienne cut
- 2 cups pasta wheels or shells
- 1/4 teaspoon Cayenne pepper
- 3/4 teaspoon salt
- 2 cloves garlic, crushed
- 3/4 cup French dressing
- 1/2 cup green or red pepper, diced
- 2 tablespoons sliced green olives
- 2 tablespoons sliced black olives
- 1 small lettuce
- 3 hard-boiled eggs, wedged
- 2 tomatoes, wedged

Cook turkey according to directions and allow to cool in refrigerator. Cook the pasta in boiling salted water until just tender. Drain well. Mix garlic, salt, Cayenne and French dressing; moisten the hot pasta generously with the dressing and toss to coat. Gently mix in julienneed turkey, diced pepper and sliced olives. Add additional dressing to taste. Line serving platter or individual plates with washed and dried lettuce leaves. Pile salad into center of lettuce. Garnish with wedged tomatoes and eggs and pass remaining dressing at table.

Makes 5-6 servings. Each serving contains 370 calories, 25 grams protein, 20 grams fat.

Last minute company? Just gather these ingredients and allow each person to assemble their own Turkey Salad Oie.

- crisp tortilla shells or chips
 - shredded lettuce with chopped green onions
 - refried beans
 - diced or shredded cooked turkey
 - coarsely grated Monterey Jack or other mild cheese
 - avocado slices
 - sour cream
 - taco sauce
- Arrange ingredients in separate serving bowls and let everyone help themselves to turkey with a south of the border flair.

ORIENTAL TURKEY SALAD

- 2 tablespoons vegetable or sesame oil
- 1 medium onion, chopped
- 1 pound raw ground turkey
- 1 tea. sugar

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Turkey makes perfect quiche

TURKEY-ASPARAGUS QUICHE

- 1 cup diced, cooked turkey
- 3 green onions, sliced
- 1 marked 9-inch pastry shell
- 1 10-oz. pkg. frozen asparagus spears, thawed
- 1 cup grated Swiss cheese
- 2 tsp. grated Parmesan cheese
- 3 eggs
- 1 1/4 cup half and half or whole milk
- dash nutmeg
- dash pepper

Sprinkle turkey and onions in bottom of pastry shell. Set aside six whole asparagus spears. Cut

remaining spears into 1/2-inch pieces and place in pastry shell. Sprinkle cheese over asparagus. In mixing bowl, beat eggs until well mixed. Add half and half and seasonings, mixing until combined. Pour over mixture in pastry shell. Bake in hot oven (425°F) for 15 minutes. Remove from oven and arrange asparagus spears to form spokes. Reduce oven heat to 300°F and bake 40 minutes longer or until knife inserted in center comes out clean. Cool 10 minutes before serving. Makes 8 servings.

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