

New trimmings for the turkey

Q. Do you have some suggestions for giving my traditional holiday menu — turkey and trimmings — a new look?

A. If your family won't recognize Christmas without the traditional turkey, you might want to try some new side dishes. The following recipes give traditional favorites a new look and can be used in place of "standard" selections, such as salad or potatoes, without forfeiting good nutrition.

CRANBERRY-PINEAPPLE RELISH
1 cup fresh cranberries
1 small apple
1/2 cup unsweetened crushed pineapple
1/4 cup honey

Drain canned pineapple and set aside. Place pineapple juice in blender. Wash berries. Core and slice apple. Add to juice in blender and using "coarse chop" setting, mix until finely chopped. Add pineapple and honey. Chill before serving. Makes 2-3 servings. Can be made ahead and stored for several days before serving.

CARROT CRUNCH

4 small carrots
3/4-1 cup raisins
6-8 tablespoons orange juice
Wash carrot and grate very fine. Add raisins and orange juice. Mix well. Makes 4 servings. Can be made ahead (except orange juice) and stored in covered container.

EASY VEGETABLE SOUFFLE

(side dish or meatless main dish)
3 tablespoons flour
3 tablespoons butter
1 cup milk
3 eggs
1/2 cup mayonnaise
5 green onions and tops
4 teaspoons curry powder
salt and pepper to taste
12 ounces, cooked, of one of the following: cauliflower, corn, broccoli, spinach

In a saucepan, melt butter, until foamy. Sprinkle with flour and cook, stirring, for 2-3 minutes. Gradually add milk and continue to stir and cook until thickened. Cool slightly. In a blender or food processor, puree vegetable, eggs, mayonnaise, green onions, seasonings and white sauce. Pour into a one-quart baking dish with straight sides. Bake at 350 de-



Terry Gibb

grees for one hour. Makes four servings.

CHEESE NOODLE KUGEL

(side dish or meatless main dish)
3 eggs, separated
1/4 cup butter melted
2 tablespoons honey
1/2 pound medium wide noodles, cooked
1/2 cup whole grain bread crumbs
1 pound cottage cheese
1 cup yogurt

Beat egg yolks. Add melted butter, honey, cottage cheese, yogurt then the cooked noodles. Pour into a two-quart buttered casserole. Top with bread crumbs and dot with butter. Bake at 375 degrees for 45 minutes. Makes four servings. Variations: Add one cup chopped apple and 1/4 cup raisins. Top with ground walnuts.

ECO-TIP: The starred recipes are from "I Am Not A Vegetarian" — Meatless Main Dishes for Meat-eaters from Concern Detroit, Inc. This book is great for those cutting down on meat and poultry and makes a great gift for friends teachers, co-workers. There's still time to purchase "I Am Not A Vegetarian" by sending \$4.50 (includes tax, postage and handling to any address) to the address below by Dec. 13. For more information, call 963-8082.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit, 48226.

Ailing mother may wander off

Dear Jo:

My mother, who lives with us, has Alzheimer's disease. She is still in the early stages of the disease and manages quite well with her family. My reason for writing is to ask you to list some precautions we can take. She sometimes takes a notion to leave the house and unfortunately gets lost. Thank you,

Mrs. G.R.
Concerned Daughter

Dear Mrs. R.:

One of the greatest worries of families of persons with Alzheimer's disease is wandering. Even under the closest observation, the person suffering from the disease seems to wander away from the home, and the results can be disastrous.

Some practical safety suggestions are:
• Install locks on inside of doors and windows.
• Inform neighbors that your

mother could wander and ask them to call you if they see her out on her own.

• Keep a current photograph and description available.
• Label her clothes with her name and your phone number.

• Consider use of alarms on your front and back doors.
• Call the nearest Alzheimer's Society. It should have a "Wandering Person Registry" which can be helpful should a crisis occur.

• Contact with your local police department may be necessary if the problem continues.
Good luck. Your mother is fortunate to have a caring family such as yours.

Dear Jo:

Is cottage cheese a good source of calcium? I have osteoporosis and am trying to increase the calcium in my diet.

Miss D.M.

gerontology



A. Jolayne Farrell

Healthy Senior

Dear Miss M.:

Compared to milk, yogurt, and other cheeses, cottage cheese is a meager source of calcium. To get the recommended 1,500 milligrams of calcium a day, you would have to eat 24 four-ounce servings a day.

A four-ounce serving of cottage cheese has only 40 to 70 milligrams of calcium. One ounce of most hard cheeses has two to four times that much. A six-ounce glass of milk has 300 milligrams and the same amount of yogurt contains about 400 milligrams.

I do not wish to discourage you from eating cottage cheese because it is an excellent source of protein. Just don't rely on cottage cheese as your main source of calcium.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 2P8.

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