

consumer mailbag

Q. A longtime reader of the Consumer Mailbag column said you ran suggestions for using turkey leftovers several years ago. Could you repeat those suggestions?

A. I couldn't find the column your friend mentioned in my file. But, since it seemed like a good suggestion, I went to the "Nutrition Action Healthletter" and found some good ideas for you. Hope you like them!

ALL-AMERICAN TURKEY HASII
(4 servings)
1 small onion, finely chopped
1 small green bell pepper, chopped
1 small red bell pepper, chopped, or 2 ounces canned pimiento, drained and chopped
2 cups chopped, cooked turkey
2 cups cubed, cooked potatoes
1 teaspoon salt-free vegetable sea-

soning, such as Mrs. Dash
1/2 cup low-sodium chicken broth or defatted turkey dripping
2 teaspoons oil
1/2 cup whole-wheat bread crumbs
1 1/2 tablespoons grated parmesan cheese

Chopped parsley for garnish
Preheat oven to 400 degrees. Lightly coat a nonstick skillet with cooking spray. Cook onion and peppers in skillet until limp, about three minutes. Add turkey, potatoes, salt-free seasoning, broth or drippings and warm until hot. Coat a shallow 9-inch casserole with cooking spray and spoon in turkey mixture. Wipe out skillet, add 2 teaspoons oil and bread crumbs and heat until crumbs are crisp, about 2 minutes. Sprinkle bread crumbs, then cheese



Terry Gibb

on top of casserole. Bake for 20 minutes or until browned on top and bubbly.

TURKEY-STUFFED PITA POCKETS
1 cup cooked, diced turkey
1/2 small onion, chopped
1/4 green bell pepper, chopped
1 small garlic clove, minced
2 tablespoons plus 2 teaspoons salt-reduced tomato sauce
1/2 teaspoon chili powder

1/4 teaspoon ground cumin
Freshly ground black pepper
1/2 cup corn kernels
2 large whole-wheat pita breads, cut in half
2 cups shredded lettuce
1 small tomato, chopped
1 scallion, thinly sliced (both white and green)

Lightly coat skillet with non-stick spray and place over moderately high heat. Add onion, pepper and garlic. Cook until vegetables are limp, about 3 minutes. Stir in turkey, tomato sauce, chili powder, cumin, pepper and corn. Simmer for 10 minutes or until slightly thickened. Remove from heat and let cool slightly, then toss with lettuce, tomato and scallions. Spoon into warm pita breads.

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

Roll Call Report

Here's how Observer & Eccentric area members of Congress were recorded on major roll call votes in the week ending Nov. 10.

HOUSE
TO RAISE DEBT CEILING: By a vote of 269 for and 99 against, the House gave final congressional approval of legislation (HJ Res 280) raising the public debt limit from \$2.8 trillion to \$3.12 trillion. The new ceiling is expected to hold until October 1990, when the government likely will need additional borrowing authority to avoid default. The bill also repealed the disputed "Section 89" tax provision that has kept employers from deducting fringe benefits that are provided only to selected employees.

Area member Sander Levin, D-Southfield, voted yes.
Carl Pursell, R-Plymouth, voted no.

TO APPROVE DEFENSE BUDGET: By a vote of 236 for and 172 against, the House approved the conference report on the fiscal 1990 defense budget of \$305 billion. The bill (HR 2461) makes 1990 the fifth straight year in which the Pentagon budget adjusted for inflation has declined. The Senate was expected to send the legislation to President Bush.

The bill drew an ideological mixture of opponents. Conservatives disliked it because it cut too deeply into the "Star Wars" Strategic Defense Initiative and ignored many of President Bush's weapons priorities, while liberals said it kept defense spending too high at a time of improving relations with the Soviet Union and insoluble budget problems at home.

Members voting yes wanted to raise the public debt ceiling.

Please turn to Page 6

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