

What to do with holiday leftovers

That bountiful holiday feast doesn't have to be just a memory the moment it's eaten.

As part of its Salute To American Cuisine, Cutco Cutlery has quick and simple solutions for converting leftovers of roast turkey and all its trimmings into new tasty treats that can enhance meals throughout the long holiday weekend.

Cutco Cutlery recommends the following to re-warm your holiday memories:

■ Use leftover stuffing and shredded turkey to make "stuffing patties." Stir in one beaten egg, shape into patties and fry on both sides in a bit of vegetable oil. Serve with turkey gravy.

■ Try a turkey-vegetable stir-fry seasoned with soy sauce and chili oil.

■ For a southwestern flair, toss leftover shredded turkey with taco sauce to moisten. Fill taco shells, sprinkle with shredded cheddar cheese and heat.

■ You don't have to go to the deli to get a mouthwatering Turkey Reuben. Simply place leftover sliced turkey, Swiss cheese, sauerkraut and Russian dressing between slices of rye bread. Grill, turning once until cheese melts.

■ Turkey can often substitute for chicken or other poultry in several recipes. Use your leftover turkey wisely in dishes such as Caesar salad, hash, fajitas and chicken a la king.

■ Leftover turkey carcasses are perfect for making comforting soups. Place turkey carcass in a large pot and cover with water. Add two stalks of sliced celery, two sliced carrots and one chopped onion. Bring to a boil and reduce heat to low. Cover and simmer for at least two hours or until meat falls off the bones. Remove bones and cartilage and chop remaining turkey meat. Add salt and pepper to taste and add cooked rice or noodles to complete the soup.

■ When planning your holiday shopping spree make simple turkey sandwiches for nutritious on-the-go treats.

'GOBBLING' GOOD TURKEY SALAD

3 tablespoons cider vinegar
2 teaspoons Dijon mustard
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3 tablespoons extra-virgin olive oil
4 cups cooked, diced turkey
2 celery stalks, finely chopped

In medium bowl whisk vinegar, mustard, salt and pepper together. Slowly whisk in olive oil. Add diced turkey and celery; toss to mix well. Serve turkey salad on your favorite bread for sandwiches, serve over salad greens or fill avocado or tomato halves.

Northwest Turkey Salad: Prepare turkey salad as above. Stir in one large red apple, cored and finely chopped, 1/2 cup finely diced red onion, 1/2 cup slivered toasted almonds, chopped, and 1/2 cup fresh chopped parsley. Serve over green leaf lettuce.

Florida Keys Turkey Salad: Prepare turkey salad as above. Stir in one large navel orange, peeled and coarsely chopped, two scallions, chopped, and 2 teaspoons grated orange peel. Serve salad over watercress.

New England Turkey Salad: Prepare turkey salad as above. Stir in 1/2 cup cranberry relish (or leftover cranberry sauce), 1/2 cup walnuts, toasted and chopped, and 1/2 cup raisins, optional.

Yield: four servings.
Recipe courtesy of Cutco Cutlery.

Dips from page D1

BEAN DIP

1 12 oz. can butter beans
4 tablespoons tahini sauce
2 cloves garlic, chopped
4 tablespoons fresh lemon juice
salt and pepper
4 ounces extra virgin olive oil

peprika to taste

Drain the butter beans. Purée the beans in a food processor or blender with the tahini, garlic, lemon juice and seasoning. With the motor running, gradually add the olive oil. Serve with raw vegetable sticks or crackers.

Easy Withdrawal, Rising Rate

24 Month

CD

Is Here!

4.00% APY

4th Six Months

3.50% APY

3rd Six Months

3.00% APY

2nd Six Months

2.50% APY

1st Six Months

Withdrawals can be made at the end of each six month interval without penalty.

FLAGSTAR[®] BANK

Call For a Banking Center Near You:
800-642-0039

MEMBER FDIC

www.flagstar.com

Annual Percentage Yield (APY) is effective as of 11/30/01. Average Yield of 3.25% if held to maturity. New retail accounts only with maximum deposit of \$100,000. Minimum opening balance requirement is \$500. Penalty may be imposed for early withdrawal. Semi-Annual compounding. Rate is effective for a limited time only and subject to change without notice. Certain restrictions do apply.

Avoid food poisoning during holidays

Contaminated or unclean food can be very dangerous, especially to children and the elderly. Each year foodborne illnesses kill nearly 9,000 people. They also cause fever, stomach cramps, vomiting, and diarrhea in almost 80 million Americans, or about one in three.

"Food poisoning can be caused by several different bacteria, such as salmonella or botulism," said Leigh Vinocur, M.D., of the American College of Emergency Physicians.

Food poisoning symptoms usually begin two hours to two days

after eating the tainted food. The symptoms are similar to those of the flu and should be treated the same. They include headache, nausea, diarrhea and/or vomiting. However, fever is more likely to occur with the flu.

To prevent dehydration, it's important to begin sipping water or diluted juice as soon as active vomiting has decreased, said Dr. Vinocur. He advises to be aware, adults can handle dehydration much better than small children.

If symptoms continue for more than 24 hours or if you are unable to tolerate any fluids,

contact your primary care doctor or visit the emergency department, advised Dr. Vinocur.

To help prevent food poisoning, always follow recommended precautions for food handling and preparation. Check dates on food labels, refrigerate raw foods and leftovers promptly, and thoroughly wash hands and utensils immediately after handling raw foods.

For more information on preventing emergencies, visit ACEP online at ACEP.org.

Search Michigan's largest local Classified Ad Source on the Web at observerandeccentric.com or HomeTownLife.com

Questions about cancer do not go away at bedtime.

Neither do we.

For answers, information and support, call us anytime, day or night.



cancer.org
800-ACS-2345

GREAT TIMES RIGHT AT HOME!

For Family Togetherness
7' or 8' Family Siete
Pool Table

\$999
Free Equipment
Free Installation
Supp. Retail \$2014

CALL TOLL FREE 1-877-FUN ASAP! www.viscountpools.com

CLINTON TWP. 910-782-4810 734-783-8400 734-281-8580
HOURS: M, T, Th & F 10am-6pm, Sat 10am-5pm, Sun 12pm-5pm. Some deposits may be required.

We Carry It All!
Pool, Hot Tub, Sauna, Steam Bath, Hot Stone, Massage, Custom Bars, Kitchens & Bar Stools, Lamps, Candles, 1 Month Free

\$699
Solid Oak
Octagon
Poker Table
With 4 Chairs &
Caster Wheels
Supp. Retail \$1172

FINANCING AVAILABLE

Viscount
Pools • Spas • Billiards

Football or Air Hockey
Pool Table **\$239**

Viscount
Pools • Spas • Billiards

Viscount
Pools • Spas • Billiards

Viscount
Pools • Spas • Billiards

GOOD FOOD CO.

We now carry Organic Wine & Beer & other fine wines and specialty beers

LOWEST PRICES IN TOWN ON WINE AND BEER!

Just in time for the Holidays!

GET A JUMP START ON YOUR NEW YEAR'S RESOLUTION!

to your health

Our organic Produce has NO Chemicals or Toxins. Recent research at Rutgers University shows that organic produce averages 87% greater minerals and trace minerals and they taste better than commercially grown produce.

COUPON

Take an extra \$3.00 OFF

Purchase of \$20 or more

When this coupon is used with any other coupon or special offer. Expires 12/31/01. Limit 1 per customer.

COUPON

Buy 1 Deli item Get 1 Deli item 1/2 OFF

Must be of equal or lesser value. With coupon. Expires 12/31/01. Limit 1 per customer.

Christmas Special!

Champion JUICERS \$189.00 reg. \$278.99

"Best juicer in America" Good thru 12/31/01

Shari Ann's ORGANIC PUMPKIN 99¢ 15 oz. Retail \$1.99

SAVE \$1.00! Expires 12/31/01

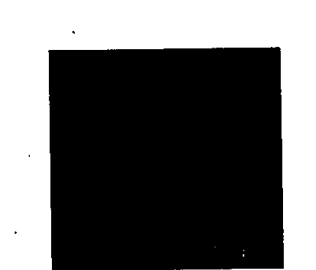
VITAMIN C YOUR CHOICE SKINNY FAST

1000 MG. BY SOLARY 100 CAPS **30% OFF** 90 Capsules The Best Weight Loss Product!

Natural Groceries • Books • Gifts • Deli/Cafe • Bakery • Supplements • Cosmetics • Bulk Foods • Candles & Tea

GOOD FOOD CO. TROY 74 W. Maple Rd. (248) 362-0886 N.W. corner of Maple & Livernois CANTON 42615 Ford Rd. (734) 981-8100 W. of Lilley on Ford Rd. **NATURAL FOOD SUPERMARKET** HOURS: Mon. - Sat. 8 am - 8 pm Sunday 10 am - 8 pm

75% OFF EVENT



WEDNESDAY THRU SATURDAY
DEC. 26, 27, 28 AND 29

ALL SALES FINAL

LINDA DRESNER

299 W. MAPLE RD. BIRMINGHAM, MI 48009 (248) 642-4999