



A quick turkey salad

Warm summer days call for light summer foods. A cool, refreshing salad like Shape-Up Turkey Salad is nutritious with an eye on the number of calories.

Cubes of cooked turkey are featured in this tasty salad. Turkey is high in protein and low in fat. Buy cooked turkey breast at the deli or use leftover turkey. Water chestnuts and toasted sesame seeds add a crunch to this summer delight. And garden produce of lettuce, green onions and tomatoes also can add color and freshness to this luncheon salad or light dinner recipe.

SHAPE-UP TURKEY SALAD
4 cups (½ med. head) lettuce, torn in 1-

inch pieces
2 cups cooked, cubed ½-inch turkey
3 oz. can water chestnuts, sliced ½ inches
2 green onions, cut into 1-inch pieces
2 medium tomatoes, each cut into 8 wedges
2 tbsp. toasted sesame seeds
¼ cup low-calorie or regular Italian salad dressing

In 3-qt. bowl toss together all ingredients except salad dressing. Refrigerate until chilled (½ to 1 hr.). Toss with salad dressing just before serving. Serves 4 (2 cup) servings. 216 calories/serving.

Curried pineapple stuffing

Succulent glazed duckling

Glazed Duckling with Curried Pineapple Stuffing is surprisingly simple to prepare. Hawaiian in flavor, it uses foods of Hawaii for the stuffing.

The pineapple-orange glaze is spooned over the duckling during the last half hour of baking. Go-alongs might be green beans with water chestnuts, tossed salad and hot rolls. The garnish of sliced pineapple and green grapes adds a special touch.

A highly nutritious food, duckling is low in saturated fatty acids and is a source of complete protein. It is high in linoleic acid, which is an unsaturated fatty acid that helps in normal growth.

Duckling supplies one-third to one-half of the U.S.-recommended daily allowance of niacin, and it also supplies some iron.

GLAZED DUCKLING WITH CURRIED PINEAPPLE STUFFING

1 frozen duckling, defrosted
¼ tsp. salt
1 can (13½ oz.) pineapple tidbits
1 cup sliced celery
¼ cup chopped onion
2 tbsp. butter or margarine
4 cups (½-inch) bread cubes
½ cup chopped Macadamia nuts

1 tsp. curry powder
3 tsp. grated orange rind
¼ cup light corn syrup
1 tbsp. cornstarch

Wash, drain and dry duckling. Sprinkle ¼ teaspoon salt evenly over body and neck cavities. Prepare stuffing. Drain pineapple tidbits; save syrup. Sauté celery and onion in butter until tender. Add bread cubes, pineapple tidbits, nuts, curry powder, 1 teaspoon grated orange rind, ¼ teaspoon salt and 2 tablespoons pineapple syrup; mix carefully.

Fill neck and body cavities loosely with stuffing mixture. Skewer neck skin to back. Cover opening of body cavity with aluminum foil and tie legs together loosely. Place duckling on rack in roasting pan. Bake in 350-degree oven for 45 minutes per pound or until drumstick meat is fork tender.

While duckling is roasting, prepare glaze. Combine ¼ cup pineapple syrup, corn syrup and cornstarch; blend well. Cook, stirring constantly, until thickened and clear. Stir in remaining 2 teaspoons grated orange rind. Spoon glaze over duckling several times during last 30 minutes' cooking time.

Makes 3 to 4 servings.

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