

# Entree pairs turkey, apples

Apples are in season, and Michigan is one of the nation's leading producers of apples. Michigan currently produces an average of 20 million bushels of apples per year, up from an average of 16 million in the 1970s.

Here's a recipe that combines turkey and apples for a seasonal treat.

**TURKEY PINWHEEL**  
1 cup finely chopped, unpeeled, red Michigan apples  
1/4 cup shredded carrot  
1/4 cup thinly sliced celery  
1 teaspoon poultry seasoning  
1 cup cooked rice  
1 1/2 pounds ground turkey  
1/4 cup finely chopped onion  
1 egg  
1/4 teaspoon salt  
1/4 teaspoon garlic powder  
2 teaspoons Dijon mustard  
3 slices (2 oz.) American cheese  
Paprika

In 4-cup glass, liquid measuring cup, combine apples, carrot and celery. Microwave on High 3 minutes. Remove from microwave and stir in poultry seasoning and rice, set aside. Thoroughly combine turkey,



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onion, egg, salt, garlic powder and mustard. On waxed paper, pat mixture into 12-by-9-inch rectangle. Spread apple mixture evenly over meat. Starting with short side, roll up meat. Place seam-side down, in shallow microwave-safe dish.

Cover loosely with waxed paper and microwave on High 10 minutes or until turkey is done, turning dish every 2 minutes. Place cheese on top and microwave on High 30 seconds longer. Let stand 5 minutes before serving. Garnish with paprika.

Yield: 6 servings.  
Per Serving: 300 calories; 1 g

dietary fiber; 10 g fat.

Conventional Method: Prepare as above omitting cooking in Step 1. Bake in 350 degrees F. oven about 35 minutes. Place cheese on top and bake 5 minutes longer or until cheese is melted. Garnish with paprika.

Suggested Michigan apples to use: Empire, Ida Red, Jonathan, McIntosh, Rome.

Microwave cooking time may vary depending on oven wattage. Recipe tested in 650 watt microwave.

# Chocolate zucchini cake super for potluck suppers

When it's Lois Drake's turn to make dessert for potluck supper, everyone looks forward to her delicious chocolate zucchini cake. Unfortunately, she lost the recipe, and called to get a copy.

"My family isn't cake oriented, but they love this one," says Drake, a Livonia resident. "It's so moist, so good, and has its own quality. It's almost like a nut bread."

After a little searching, we found the recipe in the Oct. 1, 1990 issue of Taste. The recipe appeared in Gundella's kitchen witch column. "I'm sure other readers would like to see this recipe again," said Drake. Here it is.

## CHOCOLATE ZUCCHINI CAKE

1/4 cup white sugar  
1 cup brown sugar  
1/4 cup butter or margarine (stick, not whipped)  
1/2 cup vegetable oil  
3 eggs  
1/2 cup sour milk (you may add 1 teaspoon vinegar to sweet milk to sour it)  
1 teaspoon vanilla  
2 cups flour



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1/4 cup dry cocoa  
2 teaspoons baking soda  
1/2 teaspoon allspice  
1/2 teaspoon cinnamon  
1 1/2 cup grated zucchini  
1/2 cup diced zucchini  
1 cup walnut meats  
1 cup chocolate chips

Mix sugars, butter and oil together and cream until fluffy. Add eggs, sour milk and vanilla and beat until smooth.

In another bowl, mix the flour, cocoa, baking soda, allspice and cinnamon together. Add this flour mixture to the sugar, shortening and egg mixture. Beat until smooth.

Fold in the zucchini, nut meats, and chocolate chips — mix well.

Pour mixture into a greased and floured Bundt pan and bake at 325 degrees until it tests done (about 45

minutes to an hour).  
Cool before removing from the pan. Cut into thick slices and serve.  
Do not frost this cake. It's very rich and doesn't need it.

The "Monday to Friday" cookbook by Michele Urvater is a great book for busy families. Urvater tells you how to organize your kitchen, stock your pantry, and prepare meals in 30 minutes or less. Meals are easy to make, delicious, and nutritious. You'll never worry about what to make for dinner after work again. The book, published by Workman Publishing New York, retails for \$14.95 and is available at area book stores.

If you have any questions about food, or comments about what you read in the Taste section, please call, 953-2105.

# Replace wooden chopping board

"The old wooden chopping board that grandma used to use years ago should remain a thing of the past," warns Sylvia Tretman, home economist for the Oakland County Cooperative Extension Service.

Today, with the increased risk of salmonella from raw poultry or

meats, the wood chopping board is not recommended. Wood is porous, therefore allowing dangerous bacteria to survive and multiply.

If you cut up a raw chicken on a wooden board, then cut up salad for dinner on the same board, bacteria can be transferred to the salad.

Cooking the chicken destroys bacteria, but the salad which is served raw may be contaminated.

Replace your wooden board with a new plastic, lucite or glass chopping board — all are very easy to clean and do not hold bacteria and can be washed in the dishwasher.

# Pack good taste into lunch boxes

AP — What's the one, sure-fire way to make sure your children will eat what you pack for their school lunches? Select healthy foods. Really. Just make sure they like them first.

"There's no point in sending your child to school with a plum in his lunch box if he knows he doesn't like plums," said Ellen Klavan, author of "The Creative Lunch Box" (Crown, \$7, soft-cover).

This doesn't mean letting the kids have a lunch box filled with junk food.

"Given a choice between steamed asparagus or potato chips, or between a carrot muffin and a candy bar, your child will usually select an unhealthy diet," Klavan says. The trick is to find foods that meet your nutritional standards and suit your child's taste and social standards as well.

Klavan said the "basic four" food groups — meat, or equivalent protein, grains, dairy products, fruits and vegetables — should be your guide.

As a rule, she says, children enjoy a sandwich or main course, "something extra," such as popcorn or celery stuffed with a cheese spread, and either a sweet like cookies or a piece of fruit.

To eliminate lunch-box boredom, use a variety of recipes that call for the foods that appeal to your children's individual tastes, such as apples, carrots or pita bread (Klavan's recipes include Apple Crunchies, Bugs Bunny Salad and Pocket Pizza).

If you're willing to pay for extra convenience, pack string cheese, unsweetened applesauce in 4-ounce containers, miniature boxes of raisins, or small bags of pretzels.

The following recipe from Klavan's book puts the peanut butter into the bread, instead of on top of it. If your child is a true peanut butter-aholic, spread the peanut butter bread with peanut butter and jelly. Other suggested combinations: cream cheese and raisin spread on peanut butter bread, or cottage cheese and apple on peanut butter bread.

## PEANUT BUTTER BREAD

1 egg  
1/2 cup peanut butter  
1/4 cup honey  
1/4 cup milk  
2 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt

In a large bowl, beat the egg. Then mix in the peanut butter, honey and milk. In a medium-size bowl, combine the flour, baking powder, baking soda and salt. Then add the flour mixture to the peanut butter mixture. Mix until all the dry ingredients have been moistened. When the dough is smooth and elastic, spread into a greased loaf pan. Bake in a 350-degree F oven for about 45 minutes.

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