

Healthy meatloaf has Southwestern flavor

One first prize winner in the second annual Quaker Oats "It's the Right Thing to Do" Recipe Contest gave a healthy new twist to an American classic — meatloaf.

Ellen Burr from Truro, Mass., was determined to make a meatloaf that even her husband would enjoy when she created Zesty Zuni Turkey Loaf.

The Pueblo Indians were the inspiration for this good-for-you meatloaf. Burr starts with a mixture of ground turkey, pimiento sauce, corn and spicy seasonings, adding egg whites rather than whole eggs and oats instead of bread or cracker crumbs.

Whole grain oats stretch 1 1/2 pounds of lean ground turkey to serve eight while adding fiber and contributing to the loaf's moist and tender mixture.

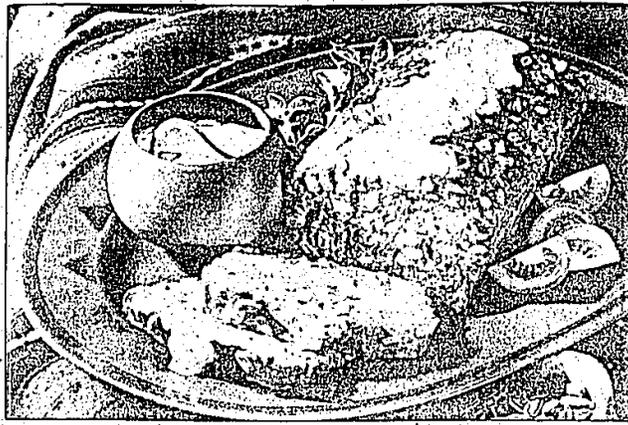
A no-cook yogurt sauce (flavored with chilies and cilantro) replaces the butter and flour-based sauce in Burr's original recipe while carrying out the Southwestern theme.

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ZESTY ZUNI TURKEY LOAF

- 1 cup Quaker oats (quick or old fashioned, uncooked)
- 1 cup pimiento sauce or salsa
- 2 egg whites, slightly beaten
- 1 1/2 pounds ground turkey
- 1 seven-ounce can whole kernel corn, drained (about 1 cup)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon ground sage
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon celery salt (optional)
- 2 tablespoons toasted sunflower seeds* (optional)
- 1 8-ounce carton nonfat or low-fat plain
- 1 4-ounce can chopped green chilies, drained

- 1/4 cup finely chopped cilantro
 - 1 teaspoon lime juice
- Heat oven to 350 degrees F. Spray 8 1/2-inch loaf pan with no stick cooking spray or grease lightly. For loaf, combine oats, pimiento sauce, egg whites, turkey, corn and spices; mix lightly. Press into prepared pan. Sprinkle with sunflower seeds, pressing lightly. Bake 1 hour or until cooked through. Let stand 5 minutes before slicing. For sauce, combine yogurt, green chilies, cilantro and lime juice; mix well. Serve with turkey loaf, 8 servings.
- *Or, substitute pepitas (shelled pumpkin seeds)
- Nutrition information:** Each serving (1/4 of recipe) Calories 220, Protein 20g, Carbohydrate 17g, Total Fat 7g, Cholesterol 60 mg, Dietary Fiber 1g, Sodium 450mg.



Zesty Zuni Turkey Loaf is an spicy combination of ground turkey, corn, whole grain oats and Southwestern seasonings.

'Top 10 Almanac' has fun food facts

Is it spring yet? I keep waiting for the weather to warm up. If flowering crocuses, asparagus for 99 cents a pound, and rhubarb in the produce sections of most grocery stores are any indication, warm weather can't be far away.

Speaking of rhubarb, on May 11 we'll be featuring this vegetable, first cultivated in China for its purgative medical rootstock. Called a nalsance by some gardeners and a delicacy by cooks, is it any wonder that rhubarb is also a slang term for a heated argument? If you have a rhubarb patch, or know someone who does, like to eat rhubarb, or want to share a recipe, call me at 953-2105.

TRIVIA BUFFS, and list makers will love "The Top 10 Almanac" by David Kestle, published in March by Workman Publishing, New York, New York (\$5.95). With over 140 lists in two dozen categories, the almanac is a compendium of contemporary American life.

The categories are music, movies, television, books, magazines, pa-



tidbits
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pers/comics, radio, theater, home video, sports, gaming, business, advertising, technology, attractions, shows, kids' entertainment, consumer products, eating and drinking, crime, travel, costume, politics, earthwatch and opinion.

Surprise your family and friends. Here are some fun facts for foodies — Of the best selling grocery store items, only two were real food: Kraft cheese and Campbell's soup. Marlboro cigarettes reprised as the number-one grocery store seller. Almost 3,000 new condiment products were introduced to food store shelves in 1991.

The most popular speciality drink last year? The Seabreeze. Mix equal parts vodka, grapefruit juice, and cranberry juice. Serve over ice in a

tall glass.
Hamburger restaurants were the leading eating-out places in the country, and McDonald's ranked number one, outselling its closest competitor, Burger King, by nearly 3 to 1.

PAM SHORTER of Livonia sent this recipe for Strawberry Cake. "I made this recipe last year for Father's Day and everyone liked it," said Shorter. "The recipe came from a cookbook I got in Florida, Hillsborough County Extension Homemakers."

STRAWBERRY CAKE
1 package white cake mix
3 eggs
3 tablespoons flour

- 1/2 cup oil
- 1/2 cup water
- 1 1/2 cups strawberries chopped
- 1 box (3 oz.) strawberry gelatin dessert

TOPPING
1 1/2 cups strawberries, chopped
1 container Cool Whip (3 oz.) size

Mix cake mix, eggs, flour, oil, water, gelatin, and strawberries together. Pour into greased and floured 9- by 13-inch pan. Bake at 350 F. for 30 to 35 minutes. Let cool before icing.

Mix chopped berries and Cool Whip and spread over cake. Keep refrigerated.

Gay Crocker tip of the week: need more than three meals to feed bodies growing strong and fitly. Encourage snacks that pack nutrition, as well as good flavor. Include milk, hot chocolate, fruit-flavored yogurt, whole grain bagels or English muffins made into mini-pizzas, small boxes of raisins and string cheese in their diets.

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