

# Festive turkey entree fabulous for small feasts

As traditions go, the turkey as the centerpiece of Thanksgiving dinner is hard to resist.

Roast turkey is a satisfying lean meat that goes well with a table full of wholesome fresh fruit, vegetable and whole grain side dishes.

But when large Thanksgiving gatherings are impossible, how can you enjoy this annual feast with all the flair and flavor of years past?

Turkey is an amazingly versatile food, made even more so by a variety of new cuts. If you don't need a whole bird, half or quarter turkeys provide an economical option.

White meat lovers can choose between half-breasts or whole breasts, with the bone or boneless. Supermarkets now also offer turkey cutlets, extra thick turkey steaks and delicate tenderloins.

Tender, juicy turkey breast cutlets can be prepared in many different ways for special occasions.

Sprinkle them lightly with salt and pepper and saute them in a skillet over medium-high heat with one tablespoon of margarine for one to two minutes, or until cooked through.

Create a light sauce by mixing two teaspoons lemon juice, one teaspoon soy sauce, one teaspoon honey and one eighth teaspoon pepper and pour it over the cutlets in the pan. Heat the entire mixture evenly and serve each cutlet with sauce and garnished with one tablespoon sesame seeds.

Turkey gains foreign flavor when cooked with international seasonings. Cut a half pound of turkey breast cutlets in one half inch strips, and combine them in a small bowl with one half cup of cubed apple and one quarter teaspoon of curry powder.

Let the mixture stand for 10 minutes. Add the turkey mixture to a medium size non stick skillet and stir fry over medium high heat in one and one half teaspoon margarine for two or three minutes, or until turkey is no longer pink.

Stir in one quarter cup mango chutney and continue to cook until heated throughout. Serve over rice.

If you think the holidays means a meal that takes hours in the oven, try this non-traditional Thanksgiving dinner entree made easily and quickly in your microwave.

## APRICOT STUFFED TURKEY TENDERLOINS WITH CREAMY MUSTARD SAUCE

- 1/2 cup dried apricots, chopped
- 2 tablespoons raisins, chopped
- 1 clove garlic
- 2 green onions, cut into 1-inch pieces
- 1 celery stalk, cut into 1-inch pieces
- 2/3 cup plain dry bread crumbs
- 1 pound turkey breast tenderloins
- 1 tablespoon cornstarch

- 1 cup low-sodium chicken bouillon
- 1 tablespoon country-style grainy mustard
- 1 tablespoon honey
- 2 1/2 teaspoon lemon juice
- 1/3 cup reduced-calorie mayonnaise

Combine apricots and raisins in a medium-sized microwave-safe bowl and cover with water. Microwave on HIGH (100 percent power) for 1 to 1/2 minutes. Drain the fruit and set aside.

Mince garlic in a food processor. Add the onion and celery and process the entire mixture until finely chopped. Combine the vegetables with the fruit mixture. Microwave on HIGH (100 percent power) for 1-1/2 minutes.

Cut a length wise pocket in the tenderloins, being careful not to cut all the way through to the other side.

Spoon half of the fruit mixture into each tenderloin pocket and secure with wooden toothpicks. Place the turkey in a 9-inch microwave-safe dish and set aside.

In a large, microwave-safe bowl, mix cornstarch, bouillon, mustard, honey and lemon juice. Microwave on HIGH (100 percent power) 1-1/2 to 2 minutes, stirring every 45 to 60 seconds.

Fold in the mayonnaise. Pour the sauce over the tenderloins and cover with plastic wrap. Microwave on MEDIUM-HIGH (70 percent power) for 10-15 minutes, rotating the dish 1/4 turn every four minutes until the turkey is no longer pink in the thickest part.



AMERICAN INSTITUTE FOR CANCER RESEARCH

Dinner entree: Apricot stuffed turkey tenderloins are a non-traditional Thanksgiving dinner entree made easily and quickly in your microwave.

Each of the four servings contains 360 calories and 6 grams of fat.

Recipe and information

from the American Institute for Cancer Research.

## Veggie couscous ready in 30 minutes

(AP) Quick-cooking couscous and vegetables are combined for Buttery Veggie Couscous, an easy and versatile dish. The recipe takes 30 minutes to prepare and cook.

### BUTTERY VEGGIE COUSCOUS

- Preparation time: 15 minutes
- Cooking time: 15 minutes
- 2 tablespoons light butter
- 14 1/2-ounce can vegetable broth
- 1 cup sliced mushrooms

- 2 cups fresh vegetables, any combination (chopped red peppers, chopped onion, small broccoli florets, chopped pea pods, chopped carrots, asparagus pieces)
- 1 tablespoon chopped fresh herb (basil, thyme, tarragon, sage)
- 1 cup uncooked couscous
- Salt and pepper

In a 2-quart saucepan, combine light butter, broth, mush-

rooms, vegetables and herb. Cook over medium-high heat until mixture comes to a boil. Reduce heat to medium-low. Simmer until vegetables are crisp-tender (5 to 7 minutes). Stir in couscous. Cover, remove from heat. Let stand 5 to 7 minutes or until broth is absorbed. Makes 8 servings.

Nutrition facts per serving: 130 cal., 4 g protein, 24 g carbohydrate., 2 g fat, 5 mg cholesterol, 240 mg sodium.

Recipe from: Land O'Lakes.

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<p>FAME CRANBERRY SAUCE</p> <p><b>69¢</b> Jellied or Whole</p>	<p>BRUCE'S YAMS</p> <p><b>99¢</b> 40 Oz. Can</p>
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