

Turkey is good any day

ASK ANYONE to name his or her favorite meal of the year and he or she is likely to name roast turkey with a savory herb stuffing. With so much emphasis being placed on controlling the food budget and the waistline, consider turkey as an alternate to higher price and higher caloric meats.

Once for once turkey is a good buy. It is low in calories and fat. And turkey boasts the highest protein per gram of the popular cooked meats.

Compared to red meat, turkey is lower in price. According to a December report from the Minnesota Turkey Growers Association, the price of whole turkeys and turkey parts should remain stable during the next six months and prices should range from about \$.55 to \$.69 per pound.

Turkey is versatile and is complemented by a variety of spices, herbs, sauces and vegetables.

As examples of the versatility of turkey, here are three completely different main dishes using turkey breasts and turkey parts.

Roast Turkey with Herbed Rice is the focus of a traditional Americana menu that also features colorful glazed carrots and steamed broccoli flowerets. To get the dinner off to a warming start offer cups of Kennett Square Soup Combo—Cream of Chicken and Cream of Mushroom Soups mated together.

Now on to the main course—a half breast of roast turkey sliced and served on a bed of herbed rice. The turkey is cooked with celery, parsley, rosemary, thyme, rice and Onion Soup, which insures a perfectly moist and savory bird.

This entree is not only delicious, but costs only \$5.47 or \$.91 per serving.*

Another economical way to use turkey is Turkey with Spiced Apples and Yams. This dish, which amply serves eight, is based on turkey drumsticks roasted in a spicy cheese sauce that includes onion, allspice, cloves, nutmeg, apples and sweet potatoes. The sauce relies on pantry-friendly Cheddar Cheese Soup which creates an exceptionally smooth texture and rich taste. This main course wears a meager price tag of \$4.71.*

Another idea of how to make the most of a turkey breast is Turkey Bavaria Style. Made for robust appetites, this turkey breast is stuffed with a savory mixture of zucchini squash, carrot, onion, mace and

pumpnickel and rye bread cubes which add a touch of Bavaria.

There's a good reason why this stuffing and turkey are so moist and flavorful. It's canned Turkey Gravy. Part of a can is poured into the bread stuffing and the remainder is stirred into pan drippings to create a superlative gravy. To serve 8 costs about \$9.75*

*Based on prices in the Philadelphia area in December 1981.

ROAST TURKEY WITH HERBED RICE

- 1 turkey half breast (about 2½ pounds)
- 2 tablespoons butter or margarine
- 2 cans (10½ oz. each) Condensed Onion Soup
- ¼ cup water
- 2 cups chopped celery
- 2 tablespoons chopped parsley
- ½ teaspoon rosemary leaves, crushed
- ¼ teaspoon thyme leaves, crushed
- 1½ cups raw regular rice

In oven-proof large heavy pan, brown turkey in butter. Add remaining ingredients except rice. Bring to boil. Cover; transfer to oven. Bake at 325°F. for 1 hour. Stir in rice; bake 30 minutes more or until done. Slice turkey; serve with rice. Makes 6 servings. Total \$5.47; \$.91 per serving.

TURKEY WITH SPICED APPLES AND YAMS

(Not In Photo)

- 4 turkey drumsticks (about 4 pounds)
- ½ cup water
- 1 can (11 oz.) Condensed Cheddar Cheese Soup
- ½ cup chopped onion
- 1 teaspoon salt
- ¼ teaspoon ground allspice
- Generous dash ground cloves
- Generous dash ground nutmeg
- 1½ cups finely chopped apples
- 4 medium sweet potatoes or yams (about 1 pound), cut in half
- ½ cup water
- ¼ cup flour

In roasting pan (15½" x 10" x 2¼"), arrange drumsticks; pour in water. Cover. Roast at 350°F. for 1 hour; turn drumsticks. Meanwhile, combine soup, onion, seasonings and apples. Stir into drippings. Add potatoes. Cover; roast 1 hour more or until done. Meanwhile, gradually stir water into flour until smooth. Remove turkey and pota-

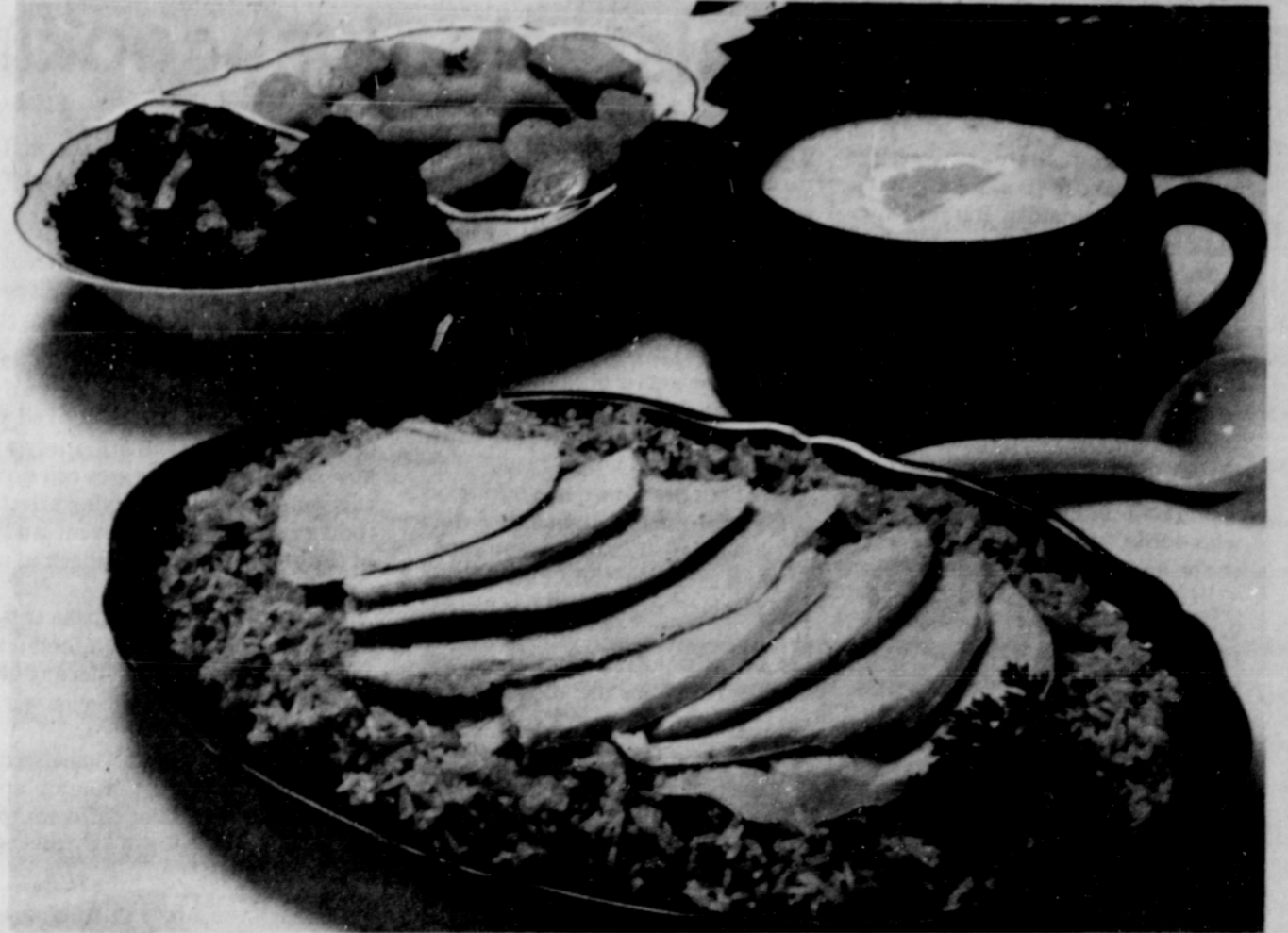
toes to platter; keep warm. On top of range, in roasting pan, gradually stir flour mixture into sauce. Cook, stirring until thickened. Serve with turkey and potatoes. Makes 8 servings. Total \$4.71; \$.59 per serving.

TURKEY BAVARIA STYLE

(Not In Photo)

- 1 cup chopped zucchini squash
- ½ cup grated carrot
- ½ cup chopped onion
- 1/8 teaspoon ground mace
- 2 tablespoons butter or margarine
- 2 cups pumpnickel bread cubes
- 2 cups rye bread cubes
- 2 cans (10½ oz. each) Turkey Gravy
- 5-pound turkey breast

In large saucepan, cook zucchini, carrot and onion with mace in butter until tender. Add bread cubes and ¼ cup gravy; toss lightly. Fill neck cavity loosely with stuffing; truss. Place breast rib-side up; fold ribs back. Fill cavity with remaining stuffing; cover with heavy duty or double thickness aluminum foil. Fold ribs back in place to hold foil in place. Arrange breast rib-side down on rack in roasting pan. Roast at 325°F. for about 2 hours 30 minutes (18 to 22 minutes per pound or until internal temperatures reaches



Roast turkey isn't just for holidays any more. Roast Turkey with Herbed Rice is a sampling of how turkey can be turned into a mid-week or

weekend special dinner. Whole turkeys and turkey parts are reasonably priced so it's one entree you'll want to serve often.

185°F.). Remove turkey to serving platter. Spoon off fat, reserving drippings. On top of range, in roast-

ing pan, stir remaining gravy into reserved drippings. Heat, stirring to loosen browned bits. Serve with

turkey and stuffing. Makes 6 to 8 servings. Total \$9.79; \$1.22 per serving based on 8 portions.

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