

Have a happy (not heavy) Thanksgiving



ROAST TURKEY BREAST

Makes about 8 Midday or Evening Meal servings; any leftovers can be refrigerated or frozen for future use.

Serve with Apricot Sauce.

Use a 6- to 7-pound turkey breast. Preheat oven to 325°F. Remove and discard any excess fat from turkey and, using paper towels, pat turkey dry; sprinkle bone side with 1 teaspoon salt and 1/8 teaspoon each thyme leaves and pepper. Spray cooking rack with nonstick cooking spray and place in shallow roasting pan. Set turkey breast, skin-side up, on rack; if meat thermometer is to be used, insert into thickest part of breast, being careful thermometer does not touch bone. Roast turkey until thermometer registers 180°F, 3 to 3 1/2 hours. Let turkey stand for 15 minutes before carving. Remove and discard skin. Carve and weigh portions; serve 4 ounces sliced turkey per portion.

Each serving provides: 1 serving Protein (4 ounces Poultry).

APRICOT SAUCE

Makes 8 servings; about 2 tablespoons each; any leftovers can be refrigerated or frozen for future use.

Serve with Roast Turkey Breast.

1/4 cup reduced-calorie apricot spread (16 calories per 2 teaspoons)
2 tablespoons plus 2 teaspoons sherry
2 teaspoons cornstarch
1 packet instant chicken broth and seasoning mix
3/4 cup water

In small saucepan combine apricot spread, sherry, cornstarch, and broth mix; gradually stir in water. Bring mixture to a boil and cook for 3 minutes. Pour half of mixture into blender container and process until smooth; return to saucepan and stir to blend with remaining apricot mixture. Cook just until heated.

Each serving provides: 7/8 serving Extras; 12 calories Specialty Foods.

STUFFING BALLS

Makes 4 Midday or Evening Meal servings.

2 teaspoons margarine
1/4 cup diced onion
1/2 cup each chopped mushrooms and diced celery
4 slices day-old enriched white bread, lightly toasted and cut into 1/2-inch cubes
1 egg, lightly beaten
1 1/2 teaspoons chopped fresh parsley
1/2 teaspoon (1/2 packet) instant chicken broth and seasoning mix
1/8 teaspoon each thyme leaves and ground sage
Dash pepper

1. In small skillet heat margarine until bubbly and hot; add onion and sauté until softened. Add mushrooms and celery and sauté until celery is tender-crisp, about 5 minutes.

2. In bowl combine bread cubes with mushroom mixture; add remaining ingredients and toss until stuffing is moist.

3. Spray cookie sheet with nonstick cooking spray. Using an ice cream scoop, or your hands, form stuffing into 4 balls and arrange balls on sprayed sheet.

4. Bake at 325°F, until stuffing balls are lightly browned, 20 to 25 minutes.

Each serving provides: 1/8 serving Protein (1/4 Egg); 1 serving Bread; 1 tablespoon Limited Vegetables; 1/2 serving Extras; 1/8 serving Extras.

VEGETABLE BUNDLES

Makes 4 servings.

1 teaspoon each margarine and olive oil
1/4 cup minced shallots
1 cup each julienne-cut zucchini and crookneck squash
1/2 cup julienne-cut carrots, blanched
1/2 teaspoon salt
1/8 teaspoon each pepper and crushed thyme leaves
4 long scallion tops (green portion), blanched

In 9-inch skillet combine margarine and oil and heat until margarine is bubbly and hot; add shallots and sauté until softened. Add zucchini, crookneck squash, and carrots; sprinkle with seasonings and sauté until vegetables are tender-crisp, about 5 minutes. Divide vegetable mixture into 4 equal bundles and tie each bundle with a scallion top.

Each serving provides: 1/8 cup Limited Vegetables; 1/14 servings Vegetables; 1/2 serving Fats.

MENU FOR THE DAY

MORNING MEAL

Grapefruit, 1 serving
Ready-to-Eat Cereal, 1 serving
Skim Milk, 1/2 serving
Beverage

MIDDAY MEAL

HOLIDAY MENU

EVENING MEAL

Tomato or Mixed Vegetable Juice, 3/4 serving
Tuna, 2 1/4 to 3 ounces, with 1 teaspoon Reduced-Calorie Mayonnaise
Lettuce Leaves and Tomato Slices
Skim Milk, 1/2 serving
Beverage

SNACKS, AT PLANNED TIMES

Plain Unflavored Yogurt, 1 serving;
Graham Crackers, 1 serving

Serving Information:

Men and Youth: Add 1-1/4 to 2-1/4 servings Bread and 1 to 3 servings Fruits to menu.
Youth: Add 2 to 3 servings Milk to menu.

MUSHROOM-SPROUT SALAD WITH SPICY MUSTARD DRESSING

Makes 4 servings.

Salad:
1 medium cucumber, scored and thinly sliced
1/2 cup each alfalfa sprouts and Japanese enoki mushrooms*
1/4 cup thinly sliced radishes

Dressing:

1/2 teaspoon Dijon-style mustard
1/2 small garlic clove, minced
1 tablespoon plus 1 1/2 teaspoons rice vinegar
1 tablespoon water
2 teaspoons olive oil

To Prepare Salad: On round platter arrange cucumber slices in circular pattern, overlapping slices; arrange alfalfa sprouts in center and top with mushrooms. Decoratively arrange radish slices in between cucumber slices.

To Prepare Dressing: In small bowl combine mustard and garlic; gradually stir in vinegar, water, and oil. Pour over salad and serve immediately.

Each serving provides: 1-1/8 servings Vegetables; 1/2 serving Fats.

*Regular mushrooms, sliced, may be substituted.

Holiday Menu

APPLE CIDER(unfermented), 1 serving

ROAST TURKEY BREAST with APRICOT SAUCE

STUFFING BALLS

VEGETABLE BUNDLES

MUSHROOM-SPROUT SALAD with SPICY MUSTARD DRESSING

CHAMPAGNE or WHITE WINE,

1 serving

PUMPKIN CHIFFON PIE

COFFEE or TEA

PUMPKIN CHIFFON PIE

Makes 8 Midday or Evening Meal servings; any leftovers can be refrigerated or frozen for future use.

Crust:

12 graham crackers (2-1/2 inch squares), made into crumbs
2 tablespoons plus 2 teaspoons margarine
orange juice

Filling:

1 envelope unflavored gelatin
1/4 cup water
2 eggs, separated
2 tablespoons plus 1 teaspoon firmly packed light brown sugar
2 tablespoons thawed frozen concentrated orange juice
1/2 teaspoon apple pie spice
1/4 teaspoon ground cinnamon
1 cup canned pumpkin
1/2 cup canned mandarin orange sections (no sugar added)

Garnish:

1/3 cup thawed frozen dairy whipped topping (12 calories per tablespoon)
Strips of orange peel

To Prepare Crust: Preheat oven to 325°F. In bowl combine graham cracker crumbs and margarine, mixing thoroughly. Using back of a spoon, press crumb mixture over bottom and up sides of a 7-inch pie pan. Bake until crisp and brown, 13 to 15 minutes. Remove to wire rack and let cool.

To Prepare Filling: In small bowl sprinkle gelatin over water and let stand to soften. In top of double boiler beat egg yolks with sugar until well combined; stir in orange juice, apple pie spice, cinnamon, and gelatin mixture. Cook over simmering water, stirring constantly, until gelatin is dissolved and mixture is slightly thickened (coat the back of a spoon); stir in pumpkin. Remove top half of double boiler from water and let mixture cool for about 30 minutes.

In bowl beat egg whites until stiff peaks form; gently fold whites into pumpkin mixture. Spoon orange sections into cooled crust; top with pumpkin mixture and refrigerate until set, about 3 hours.

To Serve: Using a pastry bag, pipe topping around edge of pie, saving a dollop for center; garnish center dollop with orange peel.

Each serving provides: 1/8 serving Protein (1/4 Egg); 3/4 serving Bread; 1/8 cup Limited Vegetables; 1 serving Fats; 1/4 serving Fruits; 2 servings Extras; 8 calories Specialty Foods.



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School Lunch Menu

November 19

Tostada with Salsa
Shredded Lettuce and Tomato
Whole Kernel Corn
Strawberry Shortcake
Milk

November 20

Barbecue Beef on Bun
Celery Chunks with Ranch Dip
Hash Browns
Orange Wedges
Milk

November 21

Hawaiian Pizza
Carrot Circles with Peanut Butter Dip
Apple Wedges
Trail Mix
Milk

November 22

Thanksgiving Day
No School

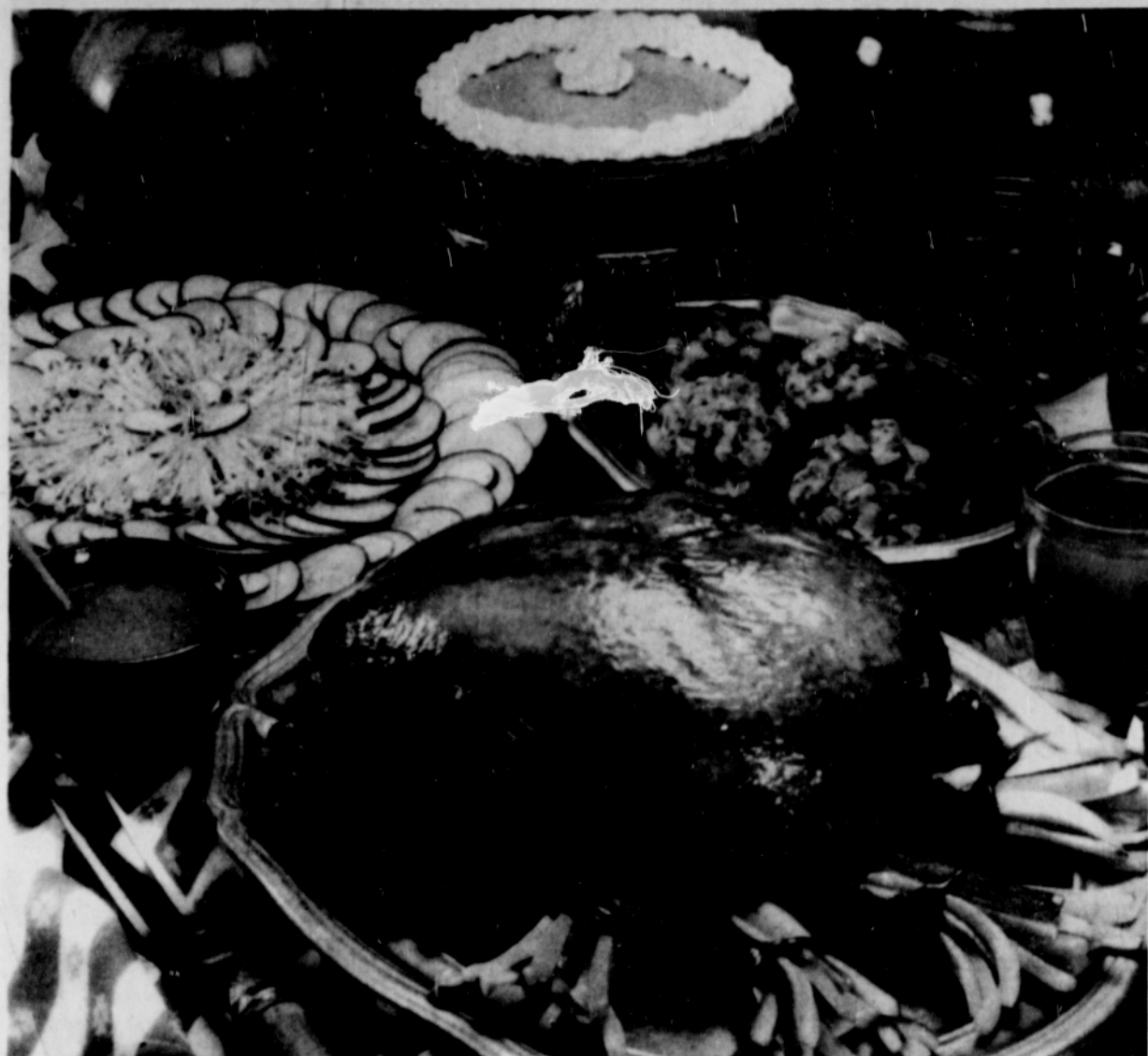
November 23

No School



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Clockwise from bottom: Roast turkey breast, pumpkin chiffon pie and stuffing balls, spicy mustard dressing, mushroom-sprout salad.

Community Directory and profiles

Ads On This Page Are Of Local Businesses That Are Helping Build A Better Community

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6720 N.E. UNION
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FRIDAY'S BEAUTY SUPPLY

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287-6266
3612 NE 15th
249-0363

Attorney at law JASPER L. AMBERS

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MRS. C'S WIGS

Hats, Scarves & Accessories Styling
707 NE FREMONT
281-6626

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249-0363

JEWELRY

PATON JEWELERS

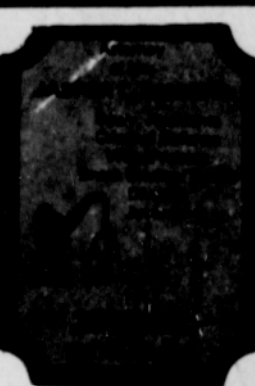
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"GENERATIONS" Catering Service

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Community Profiles

by Linda L. Thompson

As one drives through the countryside in the South, there are many old homes with beautiful, strong pillars, somewhat hidden from view by massive trees. But as one passes, their presence can be felt, and one almost stands at attention and salutes because of the apparent dignity and honor. Without doubt, these homes have contributed greatly to what America is today.

Many of our Senior Citizens of today remind me of those homes so beautiful and dignified, yet sturdy and strong, and I have chosen one to share with you as this week's role model.

Varsie Jackson has been, and still is, one of America's No. 1 Sr. Citizens. However, one would never put her in this age category because of her "street" and her youthful vigor. A native of Kaufman, Texas, Varsie was one of eleven children in her family (6 girls and 5 boys). True to the philosophy of most Southern Blacks, education was a must and she completed high school and later received a B.S. Degree in General Education from Prairie View State. After college, she taught high school at Pyles High School in Kaufman before coming to Portland on April 22, 1946.

Later Mrs. Jackson enlisted in the Army, in a time when it was not popular to be Black and less popular to be Black and in the Army. However, this did not deter her and she remained in the Armed Forces for five years.

After she left the Army, Mrs. Jackson continued to teach school and later worked for Multnomah County for many years in various positions.

Married and widowed, Varsie has four children. This high-spirited Leo enjoys sewing and fishing.



VARSIE JACKSON

Mrs. Jackson still realizes the importance of the Church in her personal life and in the Black community. At Allen temple, where she is a member, Varsie cannot rid her image of being a teacher. There she teaches the adult Sunday school class, she is an advisor/teacher for Stewardess Board No. 3 and teaches the Lydia Circle of the Missionary Society.

Varsie has the type of pride and dignity that is difficult to capture with the pen but very easily seen in person. She has this to say about success: "Put God first in your life and then education. With this combination, you cannot lose. Be a productive citizen and don't let color be a barrier. There is both good and bad in all races. Recognize prejudice and racism, but do not dwell on it or be its slave; this will bog you down. Strive to always do your best and you can always have the self-assurance that if you fail, you tried."

What can one say but "Thank you" to such a dynamic role-model who has weathered many storms.

Until next time, remember: Life is like a baseball game: The games never/seldom change — only the players.