

FOOD & NUTRITION



Santa Fe Roast Turkey

The new Southwestern cuisine, a sophisticated combination of Native American, Spanish, Mexican, Southern and American cowboy, is bringing regional cooking to another level.

Santa Fe Roast Turkey blends the spices and ingredients of these cuisines and created a new sensation of hot flavors for the holiday season.

The stuffing is a savory, colorful mix of peppers and traditional Southwestern seasonings. Mrs. Cubbison's Melba-Toasted Corn Bread Stuffin' mix is a great partner for these ingredients, not only because corn is indigenous to the Southwest but also because it is pre-seasoned and will be moist and flavorful when the bird is done.

Santa Fe Roast Turkey

- 1 8-oz. mesquite-grilled sausage or turkey sausage, halved, sliced 1/2-inch
- 1/4 cup butter or margarine
- 1 medium onion, chopped
- 1 large clove garlic, minced
- 2 stalks celery, chipped
- 1/2 each green pepper, 1/2 red pepper, diced or 1 large Green pepper diced
- 1 box (2 6-oz. packages) (6 cups) Mrs. Cubbison's Melba Toasted Corn Bread Stuffin'
- 1 teaspoon cumin, divided use
- 1 teaspoon oregano, divided use
- 1 cup chicken broth
- 1/2 cup dry white wine or water

- 1 12 to 15-lb. turkey
- Salt and pepper
- 3 tablespoons butter, at room temperature
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- Fresh oregano, celery leaves

In large skillet, brown sausage. Remove to paper towels. In same skillet, melt butter or margarine and saute' onion and garlic until golden, add celery and peppers. Cook until tender. In large bowl combine stuffing mix, sauteed vegetables, sausage, 1/2 teaspoon cumin, 1/2 teaspoon oregano, and chicken stock. Mix lightly. Stir in enough wine to moisten. Cool thoroughly. Rinse turkey, pat dry with paper towels. Sprinkle inside with salt and pepper. Fill cavities lightly with stuffing, sew of skewer shut. Wrap extra stuffing in foil or place in baking dish to roast at least 30 minutes with turkey. Cream butter with chili powder, remaining 1/2 teaspoon cumin, remaining 1/2 teaspoon oregano, and garlic powder. Rub well into skin. Place turkey on rack in shallow roasting pan. Roast at 325 degrees 3 to 3 1/2 hours or until meat thermometer inserted in thickest part of breast registers 170 degrees, and juices run clear when thigh is pierced. Remove turkey from oven and let rest 15 minutes before carving and removing stuffing. Garnish platter with fresh oregano and celery leaves.

NEWS

OF HEALTH

Consumer's Guide To Medicare Supplement Insurance

When Congress recently repealed Medicare Catastrophic benefits, it created a lot of confusion among the elderly and their families about health insurance coverage--either under Medicare, or under private Medicare supplement policies, which most seniors carry.



The Health Insurance Association of America (HIAA)--a Washington, D.C.-based trade association representing 85 percent of America's commercial health insurance industry--advises that if you or a member of your family has a Medicare Supplement policy and you're confused about coverage, sit tight. Your insurance company automatically will make the necessary benefit changes.

According to HIAA, if for some reason you or a family member dropped a Medicare Supplement policy between the time Congress passed the catastrophic care benefits law and then repealed it, there is no cause for concern. The law permits you to re-enroll without penalty, and your former health insurer will let you know how to do so.

A free booklet, entitled "The Consumer's Guide To Medicare Supplement Insurance," is available to answer any questions. For a copy, write HIAA, P.O. Box 41455, Washington, DC 20018.

Try A New Reduced Fat Caramel Apple Dip



(DM)--Caramel lovers beware! A new Reduced Fat Caramel Apple Dip from T. Marzetti adds a "sweet touch" to a midnight snack, a light lunch, or a meal's final course. With half the fat and calories, Reduced Fat Caramel Apple Dip is great news for those concerned about dietary fat intake. This new dip joins the popular line of caramel apple dips which includes Old Fashioned Caramel and Peanut Butter Caramel. Although originally developed as a dip for fresh apple slices, the dips are proving to be popular as a recipe ingredient in cakes, cookies, and pies. Warmed caramel topping makes this Caramel Apple Cheese Pie scrumptious to eat, and attractive to serve for family meals or a company dessert.

CARAMEL APPLE CHEESE PIE

- 2 (3-oz.) pkgs. cream cheese, softened
- 1/4 cup confectioners' sugar
- 1 (6-oz.) graham cracker pie crust
- 2 small Golden Delicious apples, peeled, cored, and sliced
- 2 tablespoons butter or margarine
- 1/4 teaspoon ground cinnamon
- 1/2 to 1/3 cup T. Marzetti's Old Fashioned or Reduced Fat Caramel Apple Dip, heated

In mixing bowl, beat cream cheese and sugar until fluffy and well-blended. Spread on bottom of pie crust. In skillet, over medium heat, melt butter and cook and stir apples until tender-crisp, about five minutes. Drain well on paper towels. Arrange apple slices on top of cheese mixture, overlapping slices to fit. Sprinkle with cinnamon. Cover; chill thoroughly. To serve, cut pie into slices and drizzle with warm T. Marzetti's Old Fashioned or Reduced Fat Caramel Apple Dip. Makes 8 servings.

Per serving: About 294 calories, 16 mg. fat, 32 mg. cholesterol, 270 mg. sodium.

The Portland Observer
WISHES EVERYONE
A FULFILLING THANKSGIVING

BACK TO BASICS COOKING



(DM)--Swiss steak, an economical and cold-weather family favorite for generations takes on the zesty flavor of sauerbraten in Teri-Ginger Braised Steak. It's very easy to prepare and takes only an hour to cook. Once the meat is browned, it simmers in a savory mixture of Kikkoman Teriyaki Marinade & Sauce, brown sugar, vinegar and fresh ginger. The delicate sweetness of bottled teriyaki sauce, a blend of naturally brewed soy sauce, wine, sugar and select spices, is a great short-cut seasoning. And to save even more time, carrots and turnips cook right along with the steak. Serve this richly seasoned entree over hot cooked noodles. Add a basket of bread sticks and dinner is ready.

TERI-GINGER BRAISED STEAK

- 1 1/2-pound whole beef round steak, 1/2 inch thick
- 1/4 cup all-purpose flour
- 1 tablespoon vegetable oil
- 1/2 cup Kikkoman Teriyaki Marinade & Sauce
- 2 tablespoons brown sugar, packed
- 2 tablespoons vinegar
- 1 tablespoon minced fresh ginger root
- 4 carrots, cut into 1 1/2-inch lengths
- 2 medium turnips, cut into 1 1/2-inch chunks
- Hot cooked noodles

Trim excess fat from steak. Pound 1/4 cup flour thoroughly into steak; cut into serving size pieces. Brown meat on both sides in hot oil in large skillet, with cover, over medium heat. Meanwhile, combine teriyaki sauce, brown sugar, vinegar, ginger and 1/2 cup water. Arrange carrots and turnips around meat. Pour teriyaki sauce mixture over meat and vegetables. Cover and simmer 1 hour, or until meat and vegetables are tender, turning meat and vegetables over occasionally; serve over noodles. Makes 4 to 6 servings.

GARLIC BROCCOLI

- 2 pounds broccoli
- 2 tablespoons sesame oil
- 2 tablespoons olive oil
- 1/2 teaspoon chile pepper flakes
- 2 teaspoons minced garlic
- 1/4 cup soy sauce
- 1 tablespoon sugar
- 1 tablespoon lemon juice

Cut away woody stem ends. Cut off florets and cut the stems on the diagonal into 1 1/2-inch sections. Make florets about the same size as the stem pieces. Dressing: Combine the oils in a heavy saucepan, heat until very hot but not smoking, and add the pepper flakes. Remove from heat, cover, and let stand for 10 minutes. Add garlic, soy sauce, sugar, and lemon juice, stir-fry to dissolve the sugar. Heat a large pot of water until boiling, add broccoli, and bring back to a boil. Cook for about 3 minutes, or until crisp but tender. Immediately drain in a colander and put under cold running water; drain thoroughly. Transfer to a bowl, add the dressing, and toss to coat. Serve warm or chilled.



(DM)--Ease the normal rush of dinner preparation by using your microwave to cook "Vegetable-Beef Casserole." Combining ground beef, crookneck squash, onion, tomatoes and rice this one-dish meal takes only a half-hour to cook. It gets its rich flavor from the seasonings -- garlic, basil and naturally brewed Kikkoman Soy Sauce. The benefit of brewed soy sauce is that it provides a savory balance and meaty richness, without overpowering the other ingredients. Stir the casserole often as it microwaves so the rice and beef cook evenly and thoroughly. In between stirring, prepare a tossed green salad and set out a basket of rolls to complete this richly flavored, hearty entree.

VEGETABLE-BEEF CASSEROLE

- 3/4 pound ground beef
- 3/4 teaspoon garlic powder
- 2 medium crook neck squash, cut in half lengthwise, then cut crosswise into 1/4 inch slices
- 1 small onion, chopped
- 1 can (14 1/2 oz.) tomatoes, quartered
- 1/2 cup uncooked rice
- 1/4 cup Kikkoman Soy Sauce
- 1 1/2 teaspoons basil, crumbled

Crumble beef into 2-quart microwave-safe baking dish; sprinkle with garlic. Cover; microwave on High 3 minutes. Stir in squash, onion, tomatoes, rice, soy sauce, basil and 1/2 cup water. Cover and microwave on High 27 minutes, or until rice is tender; stir frequently. Makes 4 servings.

FRUIT OMELETTE

- FILLING**
- 1/2 cup berries or diced fruit, finely chopped
 - 1 Tbsp. sour cream or non-fat yogurt
- OMELETTE**
- 2 whole eggs or 3 egg whites
 - 1 1/2 tsp. sugar or artificial sweetener
 - 1/8 tsp. vanilla extract
 - 1 tsp. margarine
- Beat together the eggs, sugar, and vanilla. In a small nonstick pan, heat the fruit 2 minutes or until warm. In another nonstick pan melt the margarine, then add the eggs. Fry eggs until they are set and omelette is formed and eggs appear well done. Put the sour cream or yogurt and fruit on top and to one side of the omelette. Fold and serve.

FRIED CORN FRITTERS

- 2 cups corn kernels
 - 2 1/4 tablespoons sugar
 - 1/2 teaspoon salt
 - 3 eggs, separated
 - 1/4 cup all-purpose flour
 - 1/2 teaspoon baking powder
 - Oil for frying
 - 1 cup Apple sauce or honey
- Combine corn, sugar, and salt. In food processor, pulse just until mixed and corn is crushed. Add egg yolks, flour, and baking powder and blend. In mixer bowl, beat egg whites until stiff. In a bowl, fold 1/2 whites into corn mixture, then fold in remaining whites. In deep frying pan, heat oil to 375°F. Drop batter by tablespoons. Fry until golden on each side. Drain on paper towels. Serve with apple sauce or honey.

COUPON COOKBOOK CORNER

Marion Joyce



KNOW THE COOKING BASICS

Take the mystery and frustration out of reading recipes by keeping this chart handy.

- Temperatures You Need To Know:**
- freezing point of water 32° F = 0°C
 - simmering point of water 180° F = 82°C
 - boiling point of water 212° F = 100°C
 - sugar caramelizes 338° F = 170°C

Weight of Common Ingredients

Food	Weight of 1 cup
All-purpose Flour, sifted	5 oz.
Butter or Solid Shortening	8 oz.
Cake Flour, sifted	3 1/2 oz.
Cheese, grated	4 oz.
Eggs, whole	8 oz.
Honey	12 oz.
Milk	8 oz.
Nuts, coarsely chopped	4 oz.
Sugar, granulated	7 oz.
Sugar, powdered	4 oz.
Vegetable Oil	9 oz.

Measurement Conversions

Dash =	1/8 teaspoon (tsp.)
3 tsp. =	1 tablespoon (Tbsp.)
2 tsp. =	1 fluid ounce (fl.oz.)
4 Tbsp. = 1/4 cup (c.)	2 fl.oz.
5 1/3 tsp. = 1/3 c.	2 2/3 fl.oz.
16 Tbsp. = 1 c.	8 fl.oz.
2 C. = 1 pint (pt.)	16 fl.oz.
2 pt. = 1 quart (qt.)	32 fl.oz.
4 qt. = 1 gallon (gal.)	128 fl.oz.
2 gal. =	1 peck
4 pecks =	1 bushel