

## There are many ways to handle that leftover turkey

BY LINDA GASSENHEIMER

Tribune News Service

Is it too early to think about leftover turkey? How about a different kind of turkey sandwich: a quesadilla? It's a turkey-and-cheese-filled tortilla. They're pan-fried and served with coleslaw. You can make them with leftover turkey or chicken, or buy roasted turkey breast at the supermarket deli. In fact, you can use this recipe for any type of leftover roasted or deli-bought meats.

For a quick side dish, buy deli-made coleslaw and doctor it up with some bought salsa verde. This is a spicy green sauce made with tomatillo and green chili peppers.

### Helpful Hints

- You can use any type of Mexican-style cheese.
- If your skillet is not big enough to fit the two quesadillas, make them one at a time, or use two skillets.

### Countdown

- Prepare ingredients.
- Assemble the coleslaw.
- Make the quesadillas.

### Shopping List

To buy: 1 package 8-inch light whole wheat flour tortillas, 1 package shredded low-fat pepper jack cheese, 10 ounce cooked turkey breast, 1 jar sliced pimentos, 1 jalapeno pepper, 1 container deli coleslaw and 1 jar salsa verde.

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# Turkey quesadilla perfect for leftovers



Linda Gassenheimer-TNS

Turkey quesadilla and coleslaw with salsa verde.



## KIDS AND SODIUM

# Serious risks, alarming realities

Mayo Clinic News Network

When it comes to sodium intake among adults, the general consensus is that high consumption will increase risk of hypertension and stroke. According to the 2020-2025 Dietary Guideline for Americans, 45% of people 18 and older are living with hypertension. Hypertension is a preventable risk factor for cardiovascular disease and stroke.

Does a high sodium intake pose the same risks for children and adolescents as it does for adults?

Children and adolescents, ages 2-18, develop dietary patterns that tend to carry on through adulthood. According to the Centers for Disease Control and Prevention (CDC), about 9 in 10 children consume more sodium than recommended. The main source of excess sodium is processed foods.

Roughly 1 in 6 children have high blood pressure during childhood, which remains a major risk factor for heart disease and stroke.

### Americans consume too much salt

Table salt, or sodium chloride, consists of roughly 40% sodium and 60% chloride. In the U.S., approximately 90% of sodium consumption comes from sodium chloride.

Within the U.S. diet, the average person consumes salt:

- From processed and prepared foods — 77%
  - From natural sources — 12%
  - Adding while eating — 6%
  - Adding during cooking — 5%
- One teaspoon of salt equals 2,300 milligrams of sodium.

Daily recommended sodium intake guidelines for children and adolescents are:

- Ages 1-3 — Less than 1,200 milligrams
- Ages 4-8 — Less than 1,500 milligrams
- Ages 9-13 — Less than 1,800 milligrams
- Ages 14-18 — 2,300 milligrams

One fast food kid's meal can easily exceed 1,500 milligrams of sodium.

### Concerning statistics

According to the 2015-2016 Na-

*Cooking meals at home also can significantly reduce sodium intake, specifically with the use of spices and herbs to replace sodium and enhance flavor.*



Dreamstime-TNS

About a third of people with high blood pressure appear to be salt-resistant, and about 4% to 5% of people have reverse salt sensitivity.

tional Health and Nutrition Examination Survey:

- Of surveyed children and adolescents, 90% exceeded the recommended sodium level for their age.
- The average sodium intake was 3,393 milligrams per day, with a range of 2,000-5,000 milligrams per day.
- High school-aged students consumed roughly 400-800 milligrams more than younger school-aged kids.
- 50% of sodium intake came from pizza, Mexican dishes, sandwiches — including burgers — cold cuts, soups, snacks and cheese.
- Girls consumed significantly less sodium than boys.
- Of total daily sodium consump-

tion, 58% came from store-bought foods, 16% from fast food/restaurants and 10% from school cafeterias.

### Sodium reduction is a must

The statistics are alarming, making reducing sodium intake among children and teens crucial. Children and adolescents' dietary habits often resemble those of their household and their environment. Taste preferences formed during childhood often carry into adulthood.

Because much of the sodium intake comes from processed foods and restaurant foods, lowering sodium content across the food supply would contribute to significantly less sodium intake among children, teens and

adults.

Cooking meals at home also can significantly reduce sodium intake, specifically with the use of spices and herbs to replace sodium and enhance flavor. Reading nutrition facts labels of boxed, bagged and canned foods is important. Look for products that contain less than 140-200 milligrams of sodium per serving. At each meal, try to have only one product that comes from a bag, box or can.

Lastly, grocery shopping, cooking and eating together with children gives parents and guardians the opportunity to model healthy dietary choices to create lifelong habits.

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JENNIE HAGEN

GARDENING WITH GRANDMA

# Garden dreams come alive online

As the wintry chill has sent us indoors for the next several months, let's go back to the internet and discover more avenues for gardening resources that many may have not heard of.

There is an incredible website that has more gardening information than one person could reasonably absorb in a winter. It's called "Dave's Garden," and its web address is [www.davesgarden.com](http://www.davesgarden.com).

Dave's Garden has compiled a free directory of over 8,000 listings of mail order companies for all things garden related, whether it's for plants, seeds, bulbs, growing supplies, and gardening businesses, wholesale or retail, or both. It's an amazing array of information. You won't be bored.

I especially appreciate the "Watchdog Top 30" — the most recent top 30 consumer-ranked businesses are listed. And each of the 8,000-plus listings have links to their websites included. Looking for a particular plant? Then "Plant Scout" is your go-to section, it can supply you with listed resources for whatever you are looking for whether it's plants, seeds, or supplies. Want a book? The "Garden Bookworm" is your answer.

Not from the United States? Not a problem. From Argentina to South Africa, and all countries in between, there are additional listings for these. Just remember, while some foreign countries can ship worldwide, very specific guidelines must be followed. The USDA has a list of new rules for buying and selling seeds and plants worldwide. Simply go to [www.aphis.usda.gov](http://www.aphis.usda.gov) and in the search window type in "buying seeds and plants online from other countries."

For those who don't have internet or computer access, our local libraries have public computers, and the staff is always friendly and ready to help you with your search. Don't be afraid to ask!

That's it from Grandma this week, I have some browsing to do!

■ Jennie Hagen is a native Oregonian who has spent 40 years gardening east of the Cascades. She is a member of the Garden Writers Association and has previously written for the Home & Garden section of The Oregonian, and for The Observer, the Baker City Herald, and the Burns Times Herald.