

FOOD FORUM
 Dorothy Johnson
POULTRY: That's popular in

Poultry is an excellent source of high-quality protein, with the amino acids essential to growth and health. Weight watchers are partial to chicken and turkey because an average serving contains fewer calories than an average serving of most other meats. Poultry also provides many other essential nutrients including iron, thiamine (Vitamin B-1), riboflavin (Vitamin B-2), and niacin.

TURKEY-AVOCADO CUTLET

- 1-1/4 cup milk
- 1/3 cup flour
- 3 tbsp. butter or margarine
- 2 cups diced, cooked turkey
- 2 cups diced avocado
- 1 egg
- 3/4 cup fine, dry bread crumbs
- 1-1/4 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. finely chopped onion
- 1/4 tsp. Worcestershire sauce
- Fat for frying

COATING

- 1/2 cup flour, 2 beaten eggs, 3 cups fine, dry bread crumbs.

Gradually stir milk into flour. Add butter or margarine. Slowly cook over low heat (or hot water) until very thick, stirring constantly.

Combine sauce, turkey, avocado, egg, 3/4 cup of crumbs, salt, pepper, onion and the Worcestershire sauce. Chill. Shape into cutlets.

Roll cutlets in flour, gently dip into beaten egg, and then into crumbs. Fry in deep fat at 375 degree until golden brown.

CHICKEN CORN CASSEROLE

- 1-1/4 cups chicken broth
- 1/4 cup flour
- 1/4 cup chicken fat
- 1 tsp. salt
- 1/4 tsp. pepper
- 2 tbsp. chopped onion
- 1-1/2 cups chopped cooked chicken
- 1 cup drained, canned, whole kernel corn
- 1/4 cup shredded cheese
- 2 tbsp. chopped pimiento
- 1/4 cup fine, dry bread crumbs
- 1 tbsp. melted butter or margarine

Gradually stir broth into flour. Add fat, salt, pepper and onion. Cook slowly until thickened, stir often. Blend chicken, corn, cheese and pimiento into the sauce. Place in a 1-quart baking pan or casserole. Top with bread crumbs mixed with butter or margarine.

Bake in a preheated 350 degree oven (moderate) for about 45 minutes or until the crumbs are brown and the mixture is hot.

YOGURT CHICKEN

- 1/2 cup tomato puree
- 1-4 oz. can sliced mushrooms, undrained
- 1/2 onion, finely diced
- 2 tbsp. fresh chopped parsley
- 1/2 tsp. thyme
- 1 tsp. salt
- 1/2 cup plain yogurt, pepper

Brown chicken in Teflon skillet. Drain off fat. Add tomato puree, mushrooms liquid (not mushrooms) and next 5 ingredients. Cover, and simmer over low heat 40 to 45 minutes, until the chicken is tender. Stir occasionally, and add a little water if puree sticks to pan. Add yogurt and mushrooms, stirring until mixture is heated through but does not boil.

SCALLOPED TURKEY AND VEGETABLES

- 3 tbsp. chopped onion
- 1 cup diced celery
- 1/2 cup frozen or fresh peas
- 1/2 cup diced carrots
- 1/2 cup turkey gravy, moderately thick

- 2 cups chopped, cooked turkey
- 1/2 cup sour cream
- 1/2 tsp. salt
- 1 tbsp. parsley flakes
- 1/4 cup fine, dry bread crumbs
- 1 tbsp. melted butter or margarine

Cook onion, celery, carrots, and peas in small amount of water until tender, about 15 minutes. Drain. Combine vegetables with gravy, turkey, sour cream, salt, and parsley flakes.

Place in a 1-quart baking pan or casserole. Top with crumbs mixed with butter or margarine.

Bake in a preheated 350 degree oven (moderate) for 30 minutes or until crumbs are brown and mixture is hot. (This is an excellent way for using left over cooked vegetables, gravy, and cooked turkey.)

CHAPARRAL HIGH BUS SCHEDULE FOR REGISTRATION

There will be bus service to Chaparral High School the registration period, Aug. 29th, 30th, and Sept. 3rd.

Pick up points are corner of Highland and Helen to Carey to Revere down Rossmoyne across Commerce, route #1.

- 12th Grade, Thurs., Aug. 29th
- 11th Grade, Thurs., Aug. 29th
- 10th Grade, Fri., Aug. 30th
- 9th Grade, Tues., Sept. 3rd

PICK UP

- 7:15 a.m.
- 12:30 p.m.
- 7:15 a.m.
- 7:15 a.m.

LEAVE CHAPARRAL

- 11:45 a.m.
- 4:00 p.m.
- 11:45 a.m.
- 11:45 a.m.

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Governor Mike O'Callaghan
 Democrat

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