

FOOD

Lenore Bulman retires after six years as a food columnist

by LENORE BULMAN
The Independent

"The most important work you and I will ever do will be within the walls of our own home." -- Harold B. Lee.

Six years ago when the Womens Institute was stressing "Safe and Healthy Communities", I was bold enough to approach Stasha Conolly at *The Independent* with my idea for a food column and I was hired.

It has been quite an experience and a challenge. I'm amazed that it has been six years!

I have met and talked to so many interesting people with comments, suggestions -- and questions about the odd gremlin that left out ingredients.

Over the years I hope you have become more aware of how the food you eat contributes to your health.

Lots of people tell me they cut out the recipes, but I know some actually try them.

This is my last column. Thanks to everyone for their support and encouragement. A special thanks to Nancy Powers and the staff at *The Independent* for their guidance and help.

Green Salad

I first had this salad when Doris McLaughlin

brought it to an art class pot luck dinner. It was served at a pot luck supper I attended this week and I promised to include it in this week's column.

1 - 19 ounce can crushed pineapple
1 pistachio instant pudding
1 cup miniature marshmallows
1 small carton frozen cool whip, thawed
1 cup chopped nuts, optional

Stir all together and refrigerate overnight.

Turkey Fruit Salad

A great way to use left-over turkey. It is refreshing and the apples and nuts add a nice crunch. A Taste of Home recipe. Serves eight.

1/2 cup mayonnaise
2 tb honey
1/8 tsp ground ginger
2 cups cubed cooked turkey
1 can (11 ounces) mandarin oranges, drained
1 cup chopped unpeeled apples
1 cup grape halves
1 can (8/14 ounces) pineapple chunks, drained
1/2 cup pecan halves, toasted

In a large bowl combine mayonnaise, honey and ginger. Stir in turkey, oranges, apple, grapes and pineapple. Refrigerate for one hour. Sprinkle with pecans just before serving.

Turkey and Cashew Stir-Fry for two

Serve with garlic bread or rice and a green salad.

1 bunch broccoli, trimmed and cut into flowerets
2 large garlic cloves, minced
2 whole green onions, thinly sliced
1/2 red pepper, thinly sliced
1/4 cup cashews or pecans
1 cup cooked turkey, cut into julienne strips
1 tsp cornstarch
1/3 cup dry white wine
1/2 cup turkey or chicken broth
1/2 tsp marjoram
generous pinches thyme, salt and white pepper
2 tb vegetable oil

Before starting to cook, measure and chop all ingredients. Blend cornstarch with wine, broth and seasonings. Set aside. Heat oil in a large frying pan or work over high heat. Then add broccoli and garlic and stir-fry for two minutes. Add onion, pepper and nuts and stir-fry for another minute.

Add turkey and the cornstarch mixture and continue stir-frying until the broth is thickened and the turkey is warmed -- about three minutes.

Turkey Tortilla Roll-Ups

3/4 cups sour cream
6 flour tortillas (8 inch)
1 1/2 cup diced cooked turkey

1 cup finely shredded cheddar cheese

1 cup shredded lettuce
1/2 cup chopped ripe olives
1/2 cup chunky salsa

Spread 2 tb sour cream over each tortilla. Top with turkey, cheese, lettuce, olives and salsa. Roll up each tortilla tightly; wrap up in plastic wrap. Refrigerate until serving. Serves six -- could be adapted for one or any number.

Turkey-Rice Casserole

1 can condensed cream of chicken or celery soup
2 cups coarsely chopped cooked turkey
1/4 cup minced onion
1 cup uncooked rice
1/2 tsp salt
Paprika
chopped parsley

Mix soup with one can water. Stir in next four ingredients and put in buttered two-quart casserole or baking dish. Cover and bake at 350° for about one hour. Sprinkle with paprika and parsley. Makes 4-6 servings. Serve with a crusty roll and crisp green salad.

Merry Christmas to all and a safe, healthy happy 2002!

Brighton Township resident
Lenore Bulman has an
Honours Degree in Home
Economics from the
University of Toronto.

Christmas sharing

Grade eight students at Colborne Public School spearheaded a Christmas food drive in support of the local food bank. In addition, the class held a benefit dance for the victims of the September 11 disaster in New York. Coupled with a donation by the Parent Council, the students were able to donate nearly \$400. Representing the council was Peggy Herley. Also pictured is grade eight teacher Peter North.



Nancy Powers photo