

Culinary Outlook

Delectable stuffings — quick 'n easy

Is it a stuffing or a dressing? Whatever you call that wonderfully delicious, aromatic accompaniment to turkey and other fowl, it's a universal favorite. But, because it takes considerable time and effort to prepare, stuff into the bird, roast and then remove before carving, dressings are usually limited to special occasions.

If this is the case in your house, try these delicious dressing and stuffing recipes which cook outside the bird in your oven or microwave oven. Cooking the dressing as a side dish also reduces poultry roasting time. Using time-saving products like Green Giant's frozen Boil 'n Bag Rice takes the work out of the preparation.

The method of preparing dressing is also recommended for those wishing to minimize dietary fat. The fat from the poultry will baste the bird as it cooks, but the excess can be drained off instead of being absorbed by the stuffing. To keep the bird moist and flavorful, prick a lemon or onion and place it in the cavity.

Grocers frequently feature small turkeys and large roasting chickens at attractive prices. They're ideal for regular family meals and special occasions in small households.

Agriculture Canada recommends placing the bird breast-side-up on a rack in a shallow pan, covering with foil open at the sides and roasting at a temperature of 325°F. Allow 3 1/2 to 4 1/4 hours to roast a 4 kg unstuffed turkey. To finish browning the bird, remove the foil before end of cooking time and baste with drippings. When the thick part of the drumstick feels soft and juices run clear when leg is pierced in thickest area, the turkey is done. If using a meat thermometer placed in the thigh, it should register 185°F (85°C).

Whether you choose turkey, chicken, cornish hen or duck the

meal is sure to be a success when you serve it with one of these easy and delicious side dish stuffings.

ORIENTAL RICE DRESSING
2 pkgs (each 250 g) Green Giant Frozen Boil 'n Bag Rice - Rice Medley
1 can (341 mL/12 oz) pineapple pieces, drained
1 can (227 g/8 oz) sliced water chestnuts, drained
1/4 cup chopped red pepper
2 tbsp chopped green onion
1/2 to 1 tsp ground ginger

Make a small slit in center of rice pouches. Cook at HIGH power (100%) 5 to 6 minutes to defrost. Place rice in medium microwaveable casserole; stir in remaining ingredients. Cover; cook at HIGH power (100%) 5 minutes, stirring after 2 1/2 minutes. Stir before serving. Makes 8 to 10 servings.

Enjoy veggies in cheese lasagna

By Aileen Claire
NEA Food Editor

A vegetarian lasagna made with three cheeses is high in protein and makes a satisfying meal that even meat-and-potatoes guys will enjoy. This version requires little preparation time, but can be put together the night before to bake after work.

VEGETARIAN LASAGNA

- 1/2 cup chopped onion
- 1 teaspoon oregano, crushed
- 1 medium clove garlic, minced
- 1 tablespoon pure Italian olive oil
- 1 15-ounce can tomato sauce
- 1/4 cup water
- 1/4 cup tomato paste
- 1/4 cup grated Parmesan
- 1 cooked lasagna noodles, divided
- 4 cups sliced zucchini, divided
- 1 1-pound container low-fat part-skim ricotta or pot cheese, divided
- 1/2 cup shredded Jarlsberg or Nookeloost cheese, divided

In a saucepan, cook onion, oregano and garlic in oil until tender. Add tomato sauce and water. Blend in tomato paste and Parmesan.



CHEESES and vegetables combine for a satisfying, nutritious meal.

Spoon small amount of sauce into a 13-by-9-inch baking dish. Top with three pieces lasagna noodles. Top with one-third of following: zucchini, ricotta, Jarlsberg and sauce. Repeat twice with remaining ingredients. Bake at 375 degrees for 30 minutes,

or until zucchini is tender. If desired, sprinkle with additional 1/4 cup Jarlsberg and bake several minutes until cheese melts. Let stand 10 minutes before serving. This kitchen-tested recipe makes 8 servings.

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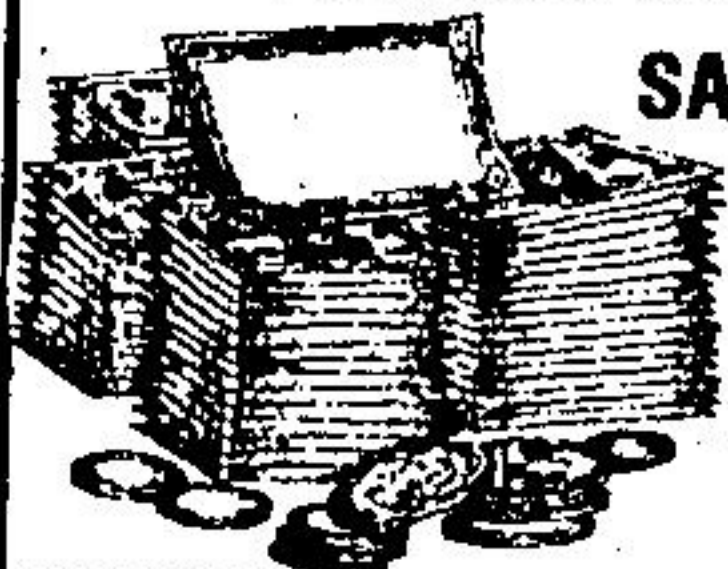
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The Diet Center Program provides plenty of fiber from the above-mentioned foods. Diet Center has always believed that eating a fiber-rich diet starts by selecting foods that come in "Nature's Wrapper" and by avoiding foods that are highly processed and refined.



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