

Main Dish- Healthy Recipe Contest

1. Turkey-Day Waldorf in Whole Wheat Tortilla MAIN DISH Susan Sadoff

A healthier take on the traditional turkey left-over sandwich. (makes 6)
The origins of the recipe are from traditional waldorf salad recipes found in cookbooks and modifications were made over the years to make it more substantial by adding chicken or turkey and to make it healthier than a traditional waldorf.

- 3 cups diced cooked leftover Thanksgiving turkey – mix of white & dark meat
- 1 cup chopped apple
(I prefer tart crunchy granny smiths but you can use any sweet firm apple to balance the tart cranberries)
- 1 cup chopped celery
- ½ cup Craisins or dried cranberries
- ¼ cup chopped walnuts
- 1 tbs chopped fresh parsley
- ½ cup low-fat mayo
- ¾ tbs lemon juice
- mesclun greens
- 6 10-12” whole wheat tortillas

In a small bowl, mix together the mayo and lemon juice for the dressing. In another bowl combine turkey, apples, celery, Craisins, and parsley. Pour dressing over the apple/vegetable/fruit mixture and toss to coat the salad. Place equal amounts of the mixture in the center of each tortilla. Top with mesclun greens. To fold: with the filling placed horizontally, fold the bottom of the wrapper over the filling. Fold the two sides in and then roll the bottom over the filling and tuck in the sides to form a package.

2. MAIN DISH

Source Recipe

Turkey Meatloaf Muffins

Made these tonight and they were delicious. Very handy for leftovers/lunches too.

1 pound ground turkey
1 egg, beaten
1 cup tomato sauce
1/4 cup Italian bread crumbs
1/4 cup freshly grated Parmesan cheese, plus additional for topping
1/2 red pepper, chopped
1 small onion, chopped
1/2 packet of Good Seasons Italian dressing mix
1 (heaping) teaspoon crushed red pepper flakes
salt and pepper

Preheat oven to 400. Generously spray muffin pan with cooking spray.
Combine all ingredients in a large bowl and mix using hands until well blended. Using a large spoon, generously fill each muffin slot and sprinkle each muffin with additional Parmesan cheese.
Bake for 25 minutes or until a light crust has formed on each muffin.
(Makes 12 muffins)

I sauteed the onion and red pepper until soft.

Here is the URL for the above recipe:

<http://fredtalk.fredericksburg.com/showflat.php?Cat=0&Number=1237465&Main=1231436>

Main Dish

Adaptation by Elizabeth Forester:

These main dish Turkey Meatloaf Muffins are a wonderful way to have the savory flavors of Thanksgiving while being health and budget conscious.

Turkey Meatloaf Muffins

1 lb 99% Fat Free Ground Turkey

1 clove Garlic (chopped)

1 Granny Smith Apple (chopped)

½ Yellow Onion (chopped)

½ C Rolled Oats

¼ teaspoon Poultry Seasoning

1 ½ teaspoons Dried Rosemary

2 Tablespoons of Dijon Mustard

1/8 teaspoon of No-Salt or Equivalent salt substitute

Dash of Black Pepper

¼ Cup Italian Flat Leaf Parsley (Chopped)

¼ Cup Dried Cranberries (or Dried Cherries if you prefer)

-
1. Preheat Oven to 425 Degrees.
 2. Using a fat free cooking spray, prepare muffin tins
 3. In large mixing bowl, combine ALL ingredients (EXCEPT Parsley and Cranberries). Mix together thoroughly with your hands and form into a loaf.
 4. Break off small handfuls of the loaf and press each into the prepared muffin tins (sizes will vary according to number of people to feed and type of muffin pan).
 5. Sprinkle chopped parsley on top of “muffins” and press a few dried cranberries (3 or so) into the top of each “muffin.”
 6. Bake for 20 – 25 minutes.
 7. If desired, top with additional Cranberry Sauce (canned or homemade).

Yield: 8-12 Medium Sized Portions (Again, size will vary depending upon type of tin used.)

3. ORIGINAL RECIPE – MAIN DISH CATEGORY- *Peggy*

Whitacre

Office of Registration and Records

This is an old family recipe that my mother made for us when we were children.

MOM'S CHOP SUEY RECIPE

¼ cup butter
1 ½ cup (¾ pound) diced pork
1 cup onion, cut fine
½ tsp. salt
½ tsp. pepper
1 cup celery, cut fine
1 cup chicken broth
1 can bean sprouts, drained

Thickening – 1/3 cup cold water
2 Tbsp. cornstarch
2 tsp. La Choy Sauce
1 tsp. sugar

Melt butter in skillet. Add meat, stir and sear quickly (without browning or burning). Add onions and fry for 5 minutes. Add celery, salt, pepper, and hot water. Cover and cook 5 minutes. Add drained La Choy Bean Spouts. Mix thoroughly and heat to boiling point. Add flavoring and thickening ingredients. Stir lightly and cook 5 minutes. Serve piping hot over rice with La Choy Chow Mein Noodles.

4. Original Recipe

Lasagna from Mueller's which can be found at www.makesameal.com

Ingredients:

16 oz. lasagna
1 (15 oz.) container Ricotta cheese
1/2 Cup grated Parmesan cheese
2 eggs
4 cups (1 pound) shredded Mozzarella cheese
2 jars (28 oz.) pasta sauce, any flavor
1 lb. Italian sausage, cooked, drained, crumbled

Directions:

Preheat oven to 350F. Cook and drain pasta. Combine Ricotta cheese, Parmesan cheese, eggs and 1 cup Mozzarella cheese in a medium bowl; mix well. Spread 1 cup pasta sauce in a 13X9-inch baking dish. Layer with half each of the lasagna, Ricotta cheese mixture, sausage, remaining pasta sauce and Mozzarella cheese. Repeat layering. Bake uncovered 40 minutes or until hot and bubbly. Let stand 15 minutes before serving.

Modified Recipe (healthier choices)

Ingredients:

12 oz. whole wheat/whole grain lasagna
12 oz. part skim Ricotta cheese
1/4 Cup grated Parmesan cheese
4 egg whites
3 cups (1 pound) shredded Mozzarella cheese
2 jars (28 oz.) pasta sauce, low sodium (if possible get a flavor that has vegetables in it i.e. green pepper, onion, mushroom, etc. as well as garlic)
1 lb. turkey sausage, cooked, drained, crumbled
2 cups fresh spinach, shredded
2 cups fresh mushrooms

Directions:

Preheat oven to 350F. Cook and drain pasta. Combine Ricotta cheese, Parmesan cheese, eggs, 1 cup Mozzarella cheese, and one cup shredded fresh spinach in a medium bowl; mix well. Spread 1 cup pasta sauce in a 13X9-inch baking dish. Layer with half each of the lasagna, Ricotta cheese mixture, mushrooms, turkey sausage, remaining pasta sauce and Mozzarella cheese. Repeat layering. Bake uncovered 40 minutes or until hot and bubbly. Let stand 15 minutes before serving.

Bess Huyghe, MSOH, AHES