

BEST-FOR-YOU VEGETABLES

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until all vegetables are tender, about 5 minutes. Remove bay leaf.

Slice corned beef. Return to pot and heat through. Stir in parsley and pepper. In small bowl combine applesauce and horseradish sauce. Serve with corned beef and strained broth. Makes 8 servings, about 465 calories each.

TURKEY AND KALE STIR-FRY

pictured on page 127

Chinese cooking method with an all-American touch.

- 1 tablespoon cornstarch
- 1 tablespoon white wine or water
- 1 teaspoon salt
- 1 egg white
- 1 pound turkey cutlets, cut against the grain into 1/4-inch strips
- 7 ounces whole wheat spaghetti or very thin noodles, broken in half
- 2 tablespoons salad oil combined with 1 tablespoon sesame oil (or 3 tablespoons salad oil)
- 1 garlic clove, minced
- 1/8 teaspoon crushed red pepper
- 4 cups packed shredded kale (1/2 lb.)
- 1 red pepper, cut into 1/4-inch slices

- 3 green onions, julienned
- 3 tablespoons soy sauce

In medium bowl combine cornstarch and wine. Add salt, egg white and turkey; toss to combine. Marinate at room temperature 30 minutes. Cook spaghetti in boiling salted water according to package directions. Drain and rinse well under cold water.

In wok or large skillet heat 1 tablespoon oil over medium-high heat. Add garlic and crushed red pepper; stir-fry 1 minute. Add kale and stir-fry until kale is bright green, about 2 minutes; set aside. Heat 1 more tablespoon oil in wok or skillet. Add turkey and stir-fry until golden, about 4 to 5 minutes. Set aside with kale. Heat remaining 1 tablespoon oil. Add red pepper, green onions and pasta; cook, stirring, 30 seconds. Return kale and turkey to wok. Add soy sauce; toss well. Makes 4 servings, about 430 calories each.

SESAME BROCCOLI SALAD

You'll never think of broccoli as a plain-Jane vegetable again after tossing it with this Oriental dressing.

- 1 large bunch broccoli (about 2 1/2 lbs.), trimmed and cut into 1-inch pieces
- 4 teaspoons soy sauce
- 1 tablespoon salad oil

- 1 1/2 teaspoons sesame oil
- 1 teaspoon rice wine vinegar
- 1 teaspoon honey
- Dash chili oil
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons toasted sesame seed

On steamer rack steam broccoli covered 5 minutes or until tender-crisp but still bright green. Cool. In large bowl combine remaining ingredients. Add broccoli and toss. Let stand 1 hour. Makes 6 to 8 servings, about 90 calories each per 6, 70 calories each per 8. *To microwave:* In 2-quart microwaveproof dish combine broccoli and 1/2 cup water. Microwave covered on High 8 minutes, rotating dish once. Cool. Proceed with recipe.

GLAZED VEGETABLE MEDLEY

Easy-to-make onions, carrots and turnips, with a sophisticated golden glaze.

- 2 cups pearl onions, unpeeled
- 2 cups cubed carrots
- 1/2 cup water
- 2 tablespoons butter or margarine
- 2 tablespoons sugar
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups cubed turnips

In small saucepan cover onions with water and bring to a boil. Drain and rinse under cold water. Peel. (continued)

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