



QUICK & EASY

or small bits of food facts for those on the go ...



AP photo

Mediterranean turkey wraps

By The Associated Press

Everyone loves leftovers, so here's a tasty way to wrap 'em up. You've probably already done the cooking and now have that good turkey ready to take on a new guise.

This is a no-cook recipe to make in about 20 minutes, and it's comfortably easy to eat, too — which is partly why wraps have become so popular. The Mediterranean flavor comes from hummus, olives and feta cheese, but this is a flexible recipe and you can vary those ingredients to taste.

Serve these wraps for lunch or a light dinner, or at hungry moments anytime.

Mediterranean Turkey Wraps

(Preparation 20 minutes)

- Six 8-inch flour or flavored flour tortillas
- 6-ounce container prepared hummus
- 1 1/2 cups baby spinach leaves
- 1 1/2 cups chopped cooked turkey
- 6 tablespoons chopped cucumber
- 6 tablespoons sliced pitted Kalamata or black olives
- 6 tablespoons chopped tomatoes
- 6 tablespoons crumbled low-fat feta cheese

Spread a tortilla with 2 tablespoons hummus to within 1/4 inch of edge. Cover with 1/4 cup spinach leaves, pressing lightly into spread. Top with 1/4 cup turkey and 1 tablespoon each cucumber, olives, tomatoes and feta cheese. Roll up tortilla tightly.

Repeat with remaining tortillas. To serve, cut each tortilla diagonally in half. Makes 6 servings.

Cranberry recipes give tangy taste to holidays

By The Albany Times Union

Easy Cranberry Sauce

- 1 bag fresh cranberries
- 1 can of 100 percent apple, grape or orange juice concentrate

Place ingredients in a saucepan and simmer, covered, over low heat for 20 minutes. Cool before refrigerating.

Cranberry Gorgonzola Appetizer Tart

- 1 refrigerated pie crust, room temperature
- 1 (8-ounce) package cream cheese, softened
- 1/2 cup crumbled Gorgonzola

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MEDITERRANEAN DIET



Fresh out of the oven, this scrumptious turkey fixed up Mediterranean Grill-style is ready to serve.

Jon Ebel IR Staff Photographer

Healthier Holidays

Dieters, others thankful for Mediterranean way of eating

By PEGGY O'NEILL
IR Staff Writer

Diet? Thanksgiving? Please. Unless, of course, you subscribe to the Mediterranean diet. If that's the case, pass the olive oil.

Ersun Ozer, proprietor of the Mediterranean Grill, served up a Thanksgiving feast last week that had Helena School District employees licking their paper plates clean. Ozer's roast turkey with cognac and orange liqueur stuffing was just one example on the Mediterranean menu that will make it possible to utter the words Thanksgiving and diet at your dinner table without threat of a walk-out.

About 30 district employees attended the cooking class at Helena High, which was offered through St. Peter's Wellness Program. Participants in the district's "Walk and Learn" program track their steps with pedometers and earn extra steps by attending classes like the one taught by Ozer.

Many were surprised and a bit thankful, indeed, that healthy Thanksgiving recipes could include ingredients like olive oil. But the monounsaturated fat has long been a daily part of the Mediterranean diet and the Food and Drug Administration just recently touted the oil as a factor in reducing the chances of coronary heart disease.

"When I first moved here, you could only buy olive oil in these little pharmaceutical-sized bottles," Ozer said.

Now olive oils, which could easily take up half a grocery aisle, are sold in gallon drums, and Ozer's other favorite ingredients — fresh herbs — are available year-round.

St. Peter's registered dietician Lin Pasch advocates the Mediterranean diet, which is characterized by high consumption of fruits, vegetables, breads/cereals, potatoes, beans, nuts and seeds, and low to moderate consumption of dairy products, fish, poultry, eggs and red meat. But she's a little concerned about the amount of olive oil.

"The biggest downfall of the Mediterranean diet is that there's a lot of fat," she said. "It's a good idea to cut down on the amount of olive oil."

But still, after calculating the nutritional content of Ozer's recipes, Pasch found that the amount of saturated fat was within



Jon Ebel IR Staff Photographer

Mediterranean Grill owner Ersun Ozer, left, shows a pan of roasted root vegetables while explaining how to make the side dish to a classroom of eager learners at Helena High last week.

the recommended daily allowance.

Pasch suggested doing a family physical activity such as hiking or biking on Thanksgiving Day to help burn the extra calories. She also suggested eating three meals that day to keep yourself from over-indulging during the main event.

Ozer's advice was to "just have fun."

He also offered this tip to those who have a tendency to deplete their turkeys of every ounce of moisture — preheat your oven to 450 degrees, when the oven's ready, put the turkey in and then reduce the temperature to 325 degrees.

"The heat closes the pores of the turkey and keeps the moisture in," Ozer said.

Here are some of Ersun Ozer's Mediterranean Thanksgiving recipes:

- Roast Turkey with Cognac and Orange Liqueur Stuffing**
- 1 large onion diced
- 2 cups diced celery
- 1 cup diced dried apricots
- 1 1/2 cup orange-cognac liqueur (such

- as Grand Marnier)
- 1 cup unsalted butter
- Turkey liver and heart
- 1 lb. turkey sausage
- 1 lb. herb stuffing mix
- 1 cup slivered almonds
- 2 cups chicken stock
- 1/2 cup fresh thyme chopped
- Salt and pepper to taste

- Turkey**
- 1 20-22 pound turkey
- 2 oranges
- 1/2 cup fresh thyme chopped
- 1 cup butter
- Salt and pepper to taste

Melt butter and sauté onions and celery over medium heat for 10 minutes. Place the diced apricots and liqueur in a saucepan and bring to boil. Remove from heat, set aside. Cook the sausage and set aside. Simmer turkey livers and heart and set aside. Add stuffing mix, onion and celery mixture, sausage, apricots with liquid and almonds. Dice turkey livers and heart. Add to mixture. Season with thyme, salt and

The Traditional Healthy Mediterranean Diet Pyramid

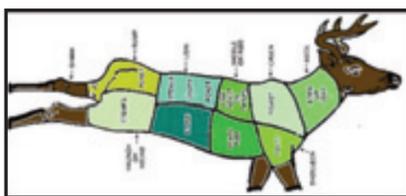


pepper. Preheat the oven to 450 degrees. Rinse the turkey and pat dry. Squeeze the juice of the oranges all over turkey. Spoon the stuffing loosely in to

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