

The Tar Heel Kitchen

Try Turkey Salad With Dumplings

By BARBARA A. MINTER

One contest which is uniquely North Carolinian is the annual Turkey Cooking Contest. North Carolina produces more turkey than any other state, and that's something to "gobble" about.

Turkeys are beginning to receive wonderful reviews for all their parts. Why from the wings to the thighs, consumers are realizing what a great "dish" turkey can be. In order to encourage one and all to enjoy turkey parts year round, the North Carolina Poultry Federation and the North Carolina Department of Agriculture sponsor the Turkey Cooking Contest.

The North Carolina Department of Agriculture

Mix the first nine ingredients in a large bowl. Blend mayonnaise, lemon juice and chicken soup and add turkey mixture, tossing lightly. Spoon mixture into a large deep greased casserole and bake at 350°F. for 25 minutes or until heated through and edges are bubbly. Remove from oven and top with Butter Crumb Dumplings (recipe follows.)

PAN-FRIED CABBAGE

2 Tbsp. bacon drippings
1 small head cabbage, shredded (4 cups)
¼ c. vinegar
¼ c. water
1 Tbsp. sugar
¼ tsp. salt
Dash cayenne

Heat drippings in skillet. Add cabbage, vinegar, water, sugar, salt, and cayenne. Cook over medium heat, stirring occasionally, till cabbage is lightly browned but still crisp, 10 to 12 minutes. Makes 4 servings.

GREEN BEANS AND TOMATOES

1½ lbs. fresh green beans, washed, stemmed and broken in half
6 Tbsp. butter
1 bunch green onions, chopped
4 med. tomatoes, peeled, seeded and chopped
¼ tsp. garlic powder
¼ tsp. salt
Dash of pepper

Using a large pot, cover beans with water and boil for 15 to 20 minutes. Drain the beans. Saute' the onions in butter being careful not to brown them. Add tomatoes, garlic powder, salt and pepper to the onions. Stir in the cooked beans and simmer gently for 2 to 3 minutes to blend the flavors. Beans should still be crisp and hot. Serves 6.

SQUASH-CARROT CASSEROLE

2 doz. round buttery crackers
1 (8-oz.) pkg. cream cheese, softened
2 (10½-oz.) cans cream of chicken soup, undiluted
2 eggs, beaten
½ c. butter or margarine
8 c. (about 2½ lbs.) sliced yellow squash, cooked
6 small carrots, grated
1 c. finely chopped onion
1 c. herb-seasoned stuffing mix

Place crackers in a greased 13x9x2 inch baking dish; set aside. Combine cream cheese, soup, eggs, and butter; beat well. Stir in squash, carrot and onion. Spoon into prepared baking dish; sprinkle with stuffing mix. Bake at 350° for 30 to 40 minutes. Yield: 10 to 12 servings.

A son, Kyle Keith, was born to Benny and Debbie Biggerstaff of Spruce Pine on July 4 at Memorial Mission Hospital in Asheville.

Mrs. Biggerstaff is the former Debbie Yelton of Mars Hill.

Kyle Keith's grandparents are Mrs. Mary Biggerstaff of Spruce Pine, Mr. and Mrs. Everett Underwood and Murray Yelton of Mars Hill.

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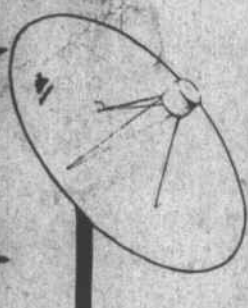
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