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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Two for One Dinners: Turkey

By Michele Webb

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If you find leftovers boring, uninviting or downright "yuck," then here are some ideas to put the "zing" back into mealtime. With a little creativity your home-cooked meal can easily become a delicious meal another night. There are a six articles in this series, today we are going to look at what you can do with turkey.

DINNER – NIGHT ONE: Roasted Turkey Breast

Any time of the year is a good time to roast a turkey and experiment with different flavors. Try roasting it over carrots, leeks and sweet potatoes and glazing the bird and the vegetables with a mix of soy sauce and molasses. Or, perhaps you want to roast it with turnips, carrots, potatoes and leeks. Be creative and try different veggies! Take care to remove the leftover meat from the bone and store it tightly wrapped in the refrigerator for up to two to three days.

DINNER – NIGHT TWO: Turkey and Pear Salad

A night or two later, when you need a quick meal, chop the leftover turkey and fold it, with diced pears, into a little mayoannaise and lemon juice. Sprinkle with curry powder, salt and pepper and serve on a bed of romaine lettuce. No cooking required! This also makes a great lunchbox salad.

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Michele Webb owns her own website and is a member of a number of organizations for women Netpreneurs and business owners. She currently lives in Las Vegas, Nevada USA with her two dogs. You are invited to visit her website at: <http://www.ebooksnstuff.com>. Or, you can email the author at: support@ebooksnstuff.com

Exclusive Travel Turkey

By jasmin Dogan

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