

Talking Turkey

Making The Most Of Holiday Leftovers

(NAPSA)—Holiday time means turkey, and turkey usually means leftovers. Now you can jazz up roast turkey and watch it disappear.

The Reuben Tortilla offers another opportunity to savor the holiday leftovers. It's easy to make, and thanks to sauerkraut, it's healthy.

Sauerkraut contains chemical compounds thought to prevent several types of cancer—including colon, lung, and breast cancers. A Michigan State University women's health study observed that girls who ate four or more servings of sauerkraut per week during adolescence were 74 percent less likely to develop breast cancer than those who ate little or no sauerkraut.

Once the leftover turkey and Reuben Tortillas are gone, take advantage of sauerkraut's versatility and use it during your next holiday party as an ingredient in contemporary hors d'oeuvres such as Kraut-Stuffed Mushroom Caps. Also, sauerkraut juice can be used to mix dirty martinis and Bloody Marys.

Reuben Tortilla

4 8-inch whole wheat tortillas, softened
½ cup fat-free Thousand Island dressing



Wrap these sandwiches in cooking parchment, foil or plastic wrap for lunch on the go.

4 oz. cooked turkey (and/or pastrami or corned beef)
4 slices (¾ oz. each) Swiss cheese
1 cup well-drained Krrrrispr Kraut, Silver Floss or Bush's Best Sauerkraut

Spread each tortilla with 2 Tbsp. dressing. Top with 1 oz. turkey, 1 slice cheese and ¼ cup sauerkraut. Fold opposite edges of tortilla over to cover filling. Roll up from one unfolded edge to the other, forming wrap sandwich. Microwave each 20 seconds to 30 seconds or serve at room temperature. Serves four.

For more tasty and nutritious sauerkraut recipes, visit www.krrrrisprkraut.com.