



Recipes of the Month

Double Banana Bread

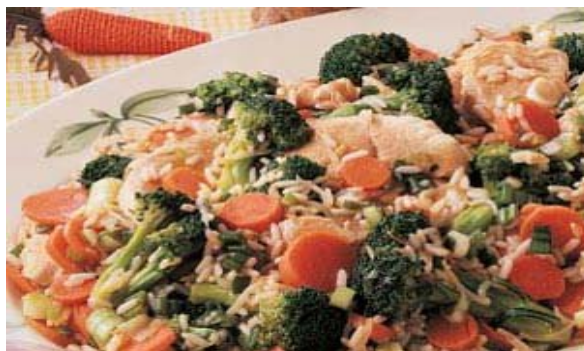
1. 1 1/2 cups flour
2. 1/2 cup sugar
3. 2 teaspoons CALUMET Baking Powder
4. 1/2 teaspoon baking soda
5. 1/2 teaspoon salt
6. 2 eggs
7. 1 1/2 cups mashed ripe bananas
8. 1/4 cup oil
9. 1/4 cup water
10. 1 1/2 cups POST SELECTS BANANA NUT CRUNCH Cereal
- 1 cup chopped PLANTERS Walnuts

1. Preheat oven to 350 degrees F. Mix flour, sugar, baking powder, baking soda and salt in large bowl; set aside. Beat eggs in small bowl. Add bananas, oil and water; mix well. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in cereal and walnuts.

2. Pour into greased 9x5-inch loaf pan.

3. Bake 55 min. to 1 hour 5 min. or until wooden toothpick inserted in center comes out clean. Cool in pan 10 min.; remove to wire rack. Cool completely.

Yield: 18 servings



Turkey Stir-Fry Supper

1. 2 1/4 pounds boneless, skinless turkey breast
2. 2 tablespoons vegetable oil
3. 3/4 cup uncooked long grain rice
4. 2 (14.5 ounce) cans chicken broth, divided
5. 5 tablespoons soy sauce
6. 2 cloves garlic, minced
7. 1/2 teaspoon ground ginger
8. 1/4 teaspoon pepper
9. 1 (10 ounce) package frozen broccoli spears, thawed
10. 1 pound carrots, thinly sliced
11. 3 bunches green onions, sliced
12. 3 tablespoons cornstarch
- 1 (14.5 ounce) can bean sprouts, drained

1. Cut turkey into 2-in. strips. In a Dutch oven or wok, stir-fry turkey in batches in oil for 5-7 minutes or until juices run clear. Set turkey aside.

2. Add rice, 3-1/2 cups broth, soy sauce, garlic, ginger and pepper to pan; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until rice is tender.

Cut broccoli into 3 in. pieces. Add broccoli, carrots and onions to rice mixture; simmer for 3-5 minutes. Combine cornstarch and remaining broth; add to pan. Bring to a boil; cook and stir for 2 minutes. Stir in turkey and bean sprouts; heat through