

HOTMAIL  
TIP

PROTECT YOUR HOTMAIL  
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Date: Tue, 10 Nov 1998 17:02:34 -0600  
Reply-To: lhjkitchen@LHJ.COM  
From: LHJ Kitchen <lhjkitchen@LHJ.COM> [Save Address](#) [Block Sender](#)  
Subject: Southwest Turkey Melts from LHJ  
To: LHJRECIPE@MEDIA.TEAMNET.NET

SOUTHWEST TURKEY MELTS FROM LHJ ONLINE <http://www.lhj.com>  
This is one of our favorite ways to serve leftover turkey—a  
broiled,  
open-faced sandwich with Tex-Mex flavor. Serve with additional  
salsa,  
chips and fresh jicama, cut into sticks.

Total prep time: 20 minutes  
Degree of difficulty: Easy

1/4 cup plus 4 teaspoons prepared salsa  
3 tablespoons mayonnaise  
3 green onions, sliced thin  
2 tablespoons chopped fresh cilantro  
2 cups diced cooked turkey  
4 slices sourdough bread, toasted  
1 package (6 oz.) sliced Monterey jack cheese  
1 avocado, seeded, pitted and sliced  
Cilantro leaves and lime wedges, for garnish

1. Heat broiler. Combine 1/4 cup salsa, the mayonnaise, green  
onions and  
cilantro in medium bowl. Add turkey and toss. Place toast slices  
on  
cookie sheet. Spoon turkey evenly on toast; top with cheese.  
Broil 1 to  
3 minutes, until cheese begins to brown.

2. Top sandwiches with avocado and remaining 4 teaspoons salsa.  
Garnish  
with cilantro leaves and lime, if desired. Makes 4 servings.

#### PER SERVING

Calories 510  
Total Fat 33 g  
Saturated Fat 11 g  
Cholesterol 105 mg  
Sodium 617 mg  
Carbohydrates 19 g  
Protein 34 g

#### DAILY GOAL

Calories 2,000 (F), 2,500 (M)  
Total Fat 60 g or less (F), 70 g or less (M)  
Saturated Fat 20 g or less (F), 23 g or less (M)  
Cholesterol 300 mg or less