

# Cooking with Julia: Ground Turkey Barbecue Sandwiches



Julia Hansen

A lot of things come in threes: blind mice, poker and wise men. Sets of three can be bad, like three strikes — you're out in baseball, but sets of three can also be good. A Saturday night out at the bowling alley with friends is a lot of fun. Suppose you get lucky and get three strikes in a row. Unlike in baseball, three strikes in bowling is definitely a good thing — it's

a turkey! In cooking, turkey also is a good thing. Turkey traditionally is only thought of for the big Thanksgiving meal in November alongside mashed potatoes, green bean casserole and stuffing, but it is good for other meals as well. Because threes and turkeys seem to be the theme for this week's column, I thought I would include three facts about the benefits of eating turkey:

1. Ground turkey is low in fat. If you buy 93/7 ground turkey, you will consume 68 percent less fat than regular ground beef. One four ounce serving of turkey has 170 calories and eight grams of fat.

2. Turkey is full of protein. A four-ounce serving provides 23 grams of protein, which is more than 40 percent of our daily need.

3. It's reasonably priced. Considering its health benefits, one might assume ground turkey would be expensive, but it isn't. It is typically sold for less than \$2 per pound.

One evening last week I made these sandwiches for my old roommate and myself and served them on hot dog buns with green beans and french fries. Next weekend, invite a friend or two over, cook this easy, healthy meal and then head out to a bowling alley and try for a turkey.

## Ingredients:

1 pound ground turkey  
1 medium onion, chopped  
4 tablespoons canola or olive oil  
½ teaspoon garlic salt  
Ground pepper, to taste  
¾ cup barbecue sauce, more or less to taste



## Directions:

Sauté onions over medium-high heat in oil. After onions start to soften, add turkey to the pan. Break the meat up into smaller pieces, season with garlic salt and pepper and cook 10 to 15 minutes, or until all the meat has browned. Add as much barbecue sauce as you prefer.

# Ex-boyfriend acts as enemy or best friend

There is a specific type of person who can be either a most awkward enemy or a best friend. These people possess the information to blackmail you in an instant, but they also share some of your favorite memories. They are the exes: the hearts you've broken or perhaps the heartbreakers who have broken yours.

A common response to a breakup is to delete an ex's number, throw away the mountain of pictures and cards and replace old memories with new ones. This makes for some uncomfortable encounters, so both parties often adopt an unspoken agreement to avoid eye contact and to steer clear of places they might run into each other. They stop talking to each other's friends to avoid being gossiped about or reminded of their misery, and it's as if they never knew each other at all.

Initially, I would agree that this can be a good way to heal and to reestablish identities that might have become defined by the relationship. It's important to find ways to occupy that new free-time and to focus on moving

past the wallowing stage. Running into an ex too soon can undo progress and unleash a fresh wave of animosity.

However, after the dust settles, I find exes can make wonderful friends. This won't be true in every situation, but in a case in which a romantic relationship simply didn't work out, there should be nothing to stop two people from having a fulfilling friendship. It already has been determined that they share some interests and have a few good memories together. I like to hope that people mean what they say, and I don't think disagreements should have the power to completely sever strong bonds. How can all those feelings just disappear after caring so much for someone? Every meaningful and affectionate exchange can't have been a lie, so people should use those truths to move on to a new stage of appreciation for one another. Even in the relationships I've ended, I hold on to the qualities I valued in the guys I've been with rather than focusing on whatever drove us apart. It is a relief to know we both could get past any pain and share

a new dynamic together.

People who can be friends with exes have much to gain. First of all, a friend is always better than an enemy, so turning a bitter breakup into a pleasant friendship benefits everyone. Also, by allying yourself in a friendship, you can gain back some of the friends you might have lost by dissociation. It isn't fair that we sometimes lose friends when we lose a boyfriend or girlfriend, but frequently it is the case, and it is nice to have a place among friends once again. In addition, boyfriends and girlfriends often develop an intimate emotional understanding of one another, and this remains even into a friendship beyond the breakup. I have the same quirks and baggage I've always had, and no one knows that better than the guys who have known me best.

Sometimes, it's possible that a failed relationship was just an introduction to a friendship that would become much more. My first relationship was completely dysfunctional, lasting only a month, but even years

after our breakup, he and I remain close friends and confidantes. We laugh about what an awful match we were, but we enjoy the friendship we ended up with. Using the experiences we had together, we give advice on current relationships, relying on our connection and trusting that we have the other's best interests in mind.

As can be expected, people need to be aware of the difficulty in maintaining a friendship like this. One is that previous feelings can get in the way of a platonic relationship, like if one person has never let go of the hope of being together when the other has. This is just an opportunity for disagreement or a painfully obvious lack of balance. It could lead to an end to the friendship altogether if one person becomes uncomfortable, and it is unfair to use a friendship as a cover for entertaining the notion of getting back together with someone who has made it clear that this is unwelcome.

If this obstacle is overcome, though, the result can be even more rewarding than romance.



Kelly Schute

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to talk

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