



MAKE YOUR HOLIDAY LEFTOVERS HEALTHY

You can make your leftovers more healthy by adding vegetables. Use the cooked turkey as the meat in a stir fry or on top of a low fat pizza crust with lots of vegetables. You can make your favorite ethnic dish by using cooked turkey as the base and spicing it up! Think turkey tacos or fajitas. Turkey chili can begin with all of your bean choices, spice and then add the meat. You can add Asian spice and vegetables to make a turkey chow mein over brown rice. By using other options, it limits the heavier Thanksgiving dinner re-do that includes high fat and carbohydrate sides like gravy and stuffing! Let's not forget the more traditional choice of turkey soup! It is a great way to use the meat and add vegetables. If you use low sodium chicken or turkey stock; you have a quick and easy meal!



LEFTOVER SAFETY

Make sure to refrigerate leftovers within 2 hours of the time it is done cooking, according to the FDA's [FoodSafety.gov](http://www.FoodSafety.gov). You should divide leftovers into smaller portion sized containers and put them in the fridge to reduce the occurrence of food borne illnesses. Make sure reheated foods are heated to 165 degrees F before eating. Use your Kitchen thermometer to check temperatures-even after the turkey comes out of the oven!

**Wishing you the
blessings of
excellent health!**

