

Leftover Turkey

What can I do with leftover turkey? Remove meat from turkey carcass and store in a closed container in the refrigerator. Use the meat within 3 to 4 days. Here are some ideas:



Soup Add 2 cups of chopped leftover turkey, 4 cups of chopped vegetables and 2 cups cooked rice, wild rice or noodles to 3 cans fat-free, low sodium chicken or vegetable broth (or use the broth you made with the turkey carcass). Simmer until veggies are done to your liking and flavors have blended. Add some parsley, bay leaves, and garlic for extra flavor.

Salads Add leftover turkey to any green salad. Try turkey in a pasta or wild rice salad with chopped broccoli, peppers, onions, carrots, and celery. Try almonds and dried cranberries for a great taste. Add some curry powder to a simple vinegar and oil dressing, or use a creamy low-fat dressing.

Sandwiches Don't forget to top your leftover turkey sandwich with veggies like lettuce, spinach, tomatoes, peppers or shredded carrots. Instead of bread, try whole wheat pita or a tortilla. Spice up your sandwich with mustard, sliced pickles, horseradish sauce or low-fat garlic mayonnaise.

Tex-Mex dishes Add shredded or chopped leftover turkey to burritos, enchiladas, and tacos.

Casseroles Combine 2 cups chopped leftover turkey with 2 cups cooked whole grain rice, 1 can fat-free, low sodium broth or chopped tomatoes, and a selection of chopped vegetables in a 2-quart casserole. Cover and bake at 325 degrees for 30-40 minutes, until vegetables are tender.

Skillet Meals Add 1 or 2 cups of chopped leftover turkey to sautéed onion, mushrooms, broccoli. Add rice cooked in fat-free broth. Sprinkle some parmesan before serving.

Pasta dishes Add leftover turkey to any pasta recipe.

Stock or Broth Place the carcass in a large soup kettle, cover with water, add some onions, celery, and carrots and simmer for a couple of hours. Strain out and discard the bones and veggies (veggies lose their texture and have already given their flavor to the broth). Cool the broth in shallow containers in the refrigerator overnight. In the morning you can easily remove the solid fat off the top. You can either freeze the broth for later use, or use it within 2 days in soup or stew.

Know Your Food Safety

Keep your family safe and healthy during the holiday season. Follow these general tips:

- Wash hands often!
- Always thaw meat in refrigerator (below ready-to-eat foods, and in a container to catch blood/drippings from meat)
- Separate raw meat from ready-to-eat foods. Do not use the same cutting boards or knives unless they have been washed and sanitized.
- Heat foods to proper temperature when cooking.
- Cool leftovers within 2 hours

How big should my turkey be? How long to I have to thaw the turkey? How long should I bake the turkey? These questions, and more, are answered by the Minnesota Department of Health on the enclosed turkey fact sheet. For further information, go to

www.health.state.mn.us/foodsafety/foods/turkey.pdf

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Create a Delicious Holiday



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Cooking With Ease

Cooking for family and friends during the holidays doesn't have to be stressful or expensive. To ease the stress and save a few dollars, try some of the following suggestions:



- Plan your holiday meals. After checking in your cupboards, write a list of everything you need.
- Look for sales where you buy food.
- Clip coupons for items on your list.
- Avoid shopping while hungry.
- Stay away from pre-made and pre-processed foods. They are much more expensive!
- Cook family favorites.
- Host a potluck – have guests bring a dish to share.

Remember: spending time with family and friends is the important thing, not how fancy or expensive the meal is.

Thrifty Recipes

Try these recipes from the USDA's SNAP-Ed website. For more recipes and information, go to <http://recipefinder.nal.usda.gov/>

Old Fashioned Stuffing

serves 10 @
\$0.40/serving

- 4 T butter or margarine
- 2 cups diced celery
- 1 cup chopped onion
- 8 cups dried bread cubes (toasted, if desired)
- 2 T chopped fresh or dried parsley
- 1/4 cup sliced mushrooms
- 1 t ground sage
- 3/4 teaspoon poultry seasoning
- 1 black pepper
- 3 cups chicken or turkey broth

Melt butter in medium size fry pan; add celery & onion, cook until tender, about 10 minutes. Add parsley, mushrooms, seasoning and broth. Cook 5 minutes. Remove from heat, add bread cubes, cover and let stand 10 minutes. Serve immediately. Refrigerate leftovers within 2 hours.

Turkey Salad with Orange Vinaigrette

serves 4 @
\$1.10/serving

- 1/4 cup orange juice
- 2 T white vinegar
- 2 T finely chopped onion
- 1/4 t salt & dash of pepper
- 1 T oil
- 2 t Dijon mustard
- 4 cups salad greens
- 2 cups cooked turkey cut into julienne strips
- 1 can (11 ounce) drained mandarin oranges
- 1/2 cup sliced celery

Combine first 6 ingredients in a jar with a tight-fitting lid, shake well. In a large bowl, toss together next 4 ingredients. Serve with vinaigrette.

Turkey Stew

serves 4 @
\$1.17/serving

- 2 t vegetable oil
- 1/2 cup chopped onion
- 1 finely chopped garlic clove
- 4 chopped carrots
- 2 chopped celery stalks
- 2 chopped potatoes
- 1 can (15 ounce) diced tomatoes
- 2 cups water
- 2 cups chopped, cooked turkey
- Salt and pepper to taste

Italian seasoning or oregano, basil or thyme to taste
Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir for 2 minutes. Add potatoes, tomatoes, and

water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated. Season to taste before serving. Refrigerate leftovers.

Cran-Apple Crisp

serves 8 @

\$0.41/serving

- 4 cored and thinly sliced apples
- 1 can (16 ounce) whole cranberry sauce
- 2 t soft melted margarine
- 1 cup uncooked oatmeal
- 1/3 cup brown sugar
- 1 t cinnamon

Preheat oven to 400 degrees. Wash apples, remove cores and slice thinly, keeping peel on. In a bowl, combine the cranberries and apples. Pour into an 8" x 8" pan. Combine melted margarine with oatmeal, brown sugar and cinnamon until well blended. Sprinkle over apply/cranberry mixture. Cover and bake for 15 minutes. Uncover and bake for 10 more minutes until the topping is crisp and brown. Serve warm or cold.

Cook Your Turkey

For complete thawing and cooking instructions, refer to the Minnesota Department of Health handout included with this pamphlet.

Timetable for roasting at 325 degrees Fahrenheit:

4 to 8 pounds	1 1/2 to 3 1/4 hours
8 to 12 pounds	2 3/4 to 3 hours
12 to 14 pounds	3 to 3 3/4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours

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