

Tasty Turkey Leftovers



- **All turkey, broth, and giblet leftovers should be refrigerated immediately, in shallow containers, following the meal.**
- **Use refrigerated turkey within 3-4 days.**
- **Use stuffing and gravy in 1-2 days.**
- **Leftovers may be frozen. Use within 2-6 months to retain quality.**

Turkey-Vegetable Soup Serves 12

6 cups reduced sodium chicken broth	1 can (16 oz.) green beans
1 cup diced potatoes	2 cups chopped, cooked turkey
1 cup diced carrots	1/4 tsp. salt
1 cup chopped onion	1/4 tsp. pepper

1. Combine broth, vegetables, and turkey in a large saucepan.
2. Simmer 30 minutes.
3. Season with salt and pepper.

NUTRITION FACTS (per serving) - Calories 110 ~ fat 4 g ~ calories from fat 35 ~ sodium 410 mg ~ total carbohydrate 6 g ~ fiber 1 g

Turkey-Broccoli Casserole Serves 6

4-oz. (about 3 cups) noodles, uncooked	1/4 tsp. dry mustard
1 package (10 oz.) frozen chopped broccoli	1/8 tsp. pepper
2 Tbsp. margarine	2 c. milk
2 Tbsp. flour	1 cup shredded cheddar cheese
1/2 tsp. salt	3 cups diced cooked turkey

1. Cook noodles and broccoli as directed on packages, drain.
2. Melt margarine and stir in flour and seasonings.
3. Add milk slowly; cook, stirring constantly, until thickened.
4. Remove from heat; add cheese and stir until melted.
5. Layer noodles, broccoli and then the turkey in 8 x 8-inch baking dish. Pour cheese sauce over layers.
6. Bake, uncovered, at 350° F for about 25 minutes or until hot and bubbly.

NUTRITION FACTS (per serving) - Calories 430 ~ fat 17 g ~ calories from fat 100 ~ sodium 490 mg ~ total carbohydrate 22 g ~ fiber 2 g

Turkey Spanish Rice Serves 2

1/4 cup onion, cut in pieces	2/3 cup turkey, cooked and diced
1/4 cup green pepper, chopped	1/4 cup water
2 Tbsp. celery, sliced	1/4 tsp. chili powder
1/4 cup rice, uncooked	1/8 tsp. pepper
1/2 tsp. margarine	1 bay leaf
8 oz. canned tomatoes (about 1 cup)	

1. Cook vegetables and rice in margarine in a small saucepan until onion begins to brown, about 4 minutes.
2. Break up large pieces of tomatoes. Add tomatoes and remaining ingredients to rice mixture. Bring to a boil. Reduce heat, cover, and cook slowly until rice is tender, about 25 minutes.
3. Stir as needed to prevent sticking. Remove bay leaf before serving.

NUTRITION FACTS (per serving) - Calories 210 ~ fat 4 g ~ calories from fat 35 ~ sodium 230 mg ~ total carbohydrate 27 g ~ fiber 2 g

Turkey Fajitas Serves 4

8 six-inch flour tortillas	2 cups chopped, cooked turkey
1 small onion, sliced	1/3 cup salsa
2 garlic cloves, minced	2 cups shredded lettuce
1 med. green pepper, bite-size strips	1/4 cup plain low-fat sour cream or yogurt

1. Wrap tortillas in foil. Place in a 300°F. oven for 10 to 12 minutes or until heated through.
2. Meanwhile, spray a large skillet with non-stick spray coating. Add onion and garlic; stir-fry for 2 minutes.
3. Add green pepper; stir-fry for 1 to 2 minutes more or until vegetables are crisp-tender.
4. Add turkey and salsa. Cook and stir until heated through.

To serve: Divide turkey mixture evenly among tortillas. Top with shredded lettuce, then yogurt and any fajita toppings you like (green onions, chopped olives). Roll up tortillas.

NUTRITION FACTS (per serving) - Calories 490 ~ fat 18 g ~ calories from fat 160 ~ sodium 680 mg ~ total carbohydrate 50 g ~ fiber 3 g

Turkey Pie Serves 4

1 1/2 cups chopped, cooked turkey	1 1/2 cups canned or cooked peas
1/4 cup diced celery	1 1/2 cups turkey gravy
2 Tbsp. minced onion	1 cup seasoned mashed potatoes
3/4 cup cooked carrots	

1. Place turkey in bottom of deep pie pan or shallow baking dish.
2. Mix together the celery, onions, carrots and peas; put on top of turkey.
3. Pour gravy on top of vegetables. Spoon mashed potatoes around edge of dish.
4. Bake at 425° F for 20 minutes or until hot all the way through.

NUTRITION FACTS (per serving) - Calories 330 ~ fat 11 g ~ calories from fat 100 ~ sodium 850 mg ~ total carbohydrate 26 g ~ fiber 5 g

Easy Turkey Casserole Serves 8

2 cups cooked noodles	4 Tbsp. Flour
4 cups cooked turkey or chicken	1 cup broth or 1 cup milk
1 can cream of chicken soup	2 Tbsp. melted margarine (optional)
1 cup processed cheese, cut into small pieces	1 1/2 cups crushed cornflakes (optional)

1. Place cooked noodles in bottom of 9 x 13-inch greased baking pan.
2. Spread cooked turkey on top of noodles
3. Mix together soup, cheese, and flour.
4. Add broth or milk to soup mixture. Pour over turkey and noodles.
5. Optional: Melt margarine, stir in cornflakes. Sprinkle on casserole.
6. Bake casserole at 350° F. for 45 minutes or until casserole starts to bubble.

NUTRITION FACTS (per serving/no cornflake topping) - Calories 400 ~ fat 18 g ~ calories from fat 160 ~ sodium 570 mg ~ total carbohydrate 19 g ~ fiber 1 g

Turkey Fruit Salad Serves 6

1 can (20-ounce) pineapple, pieces
2 medium apples
3 cups cooked turkey

1 carton (8 oz.) vanilla yogurt
Salad greens

1. Drain pineapple and save juice.
2. Prepare fruit: core apple and cut into bite-size pieces. Mix apple with pineapple.
3. Stir in cut-up turkey.
4. Stir 2 tablespoons of pineapple juice into yogurt. Gently stir yogurt into turkey-fruit mixture.
5. Serve immediately on salad greens or chill in the refrigerator until ready to use.

NUTRITION FACTS (per serving) - Calories 330 ~ fat 12 g ~ calories from fat 100 ~ sodium 110 mg ~ total carbohydrate 24 g ~ fiber 2 g

Turkey Vegetable Bake Serves 4

2 Tbsp. margarine
2 Tbsp. all-purpose flour
1 cup low sodium chicken broth
10 oz. pkg. frozen mixed vegetables, cooked, drained
or 1 can (16 oz.) mixed vegetables, drained

2 cups cooked turkey
3/4 cup shredded American cheese
1/2 cup soft bread crumbs

1. Melt margarine; blend in flour. Add broth; cook and stir until thickened and bubbly.
2. Remove from heat; stir in vegetables, turkey, and 1/2 cup of the cheese. Pour into a 1-quart casserole.
3. Combine crumbs and remaining cheese; sprinkle over casserole.
4. Bake at 350° F, until heated through about 30 to 35 minutes.

NUTRITION FACTS (per serving) - Calories 360 ~ fat 19 g ~ calories from fat 170 ~ sodium 620 mg ~ total carbohydrate 13 g ~ fiber 2 g

Turkey Supper Dish Serves 6

1 box macaroni & cheese dinner
1 can peas & carrots or mixed vegetables
2 cups chopped cooked turkey

1 cup reduced fat sour cream
1/4 cup chopped onion
1/4 teaspoon black pepper

1. Prepare macaroni and cheese dinner as directed on package.
2. Drain canned vegetables; add vegetables, sour cream, onion, and black pepper to prepared macaroni and cheese and mix well. Add turkey and gently mix.
3. Heat mixture thoroughly, stirring occasionally.

NUTRITION FACTS (per serving) - Calories 350 ~ fat 13 g ~ calories from fat 120 ~ sodium 620 mg ~ total carbohydrate 35 g ~ fiber 2 g