# Turkey Anytime: A Recipe for Turning Leftovers into Planned-Overs

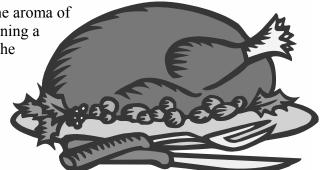


# **Lancaster County**

444 Cherrycreek Road, Suite A / Lincoln, NE 68528 / (402) 441-7180 / <a href="http://lancaster.unl.edu/food">http://lancaster.unl.edu/food</a> by Alice Henneman, MS, RD, Extension Educator

Part of the pleasure of a Thanksgiving or other holiday meal is the aroma of a turkey baking in your oven. Continue that great feeling by planning a variety of pleasing post-holiday meals with leftover turkey. Try the recipes in this article or use them as inspiration for your own!

Turkey makes a great first meal plus delicious leftovers that are easy to combine into a variety of scrumptious future meals. Try turkey year round and think "planned-overs" rather than "leftovers."



Follow these food safety guidelines for handling your turkey leftovers safely:

- Debone turkey and refrigerate all leftovers in shallow containers within 2 hours of cooking.
- Use leftover turkey within 3 to 4 days and stuffing and gravy within 1 to 2 days, or freeze these foods.\*
- When reheating turkey, reheat thoroughly to a temperature of 165 F until hot and steaming throughout.

# **Turkey and Cranberry Salad**

(4 servings)

- 1 ½ cups turkey, cooked and diced
- ½ cup vinaigrette dressing
- 1 cup dried cranberries or cherries
- 2 tablespoons sliced almonds
- Lettuce leaves
- 1. Toss chicken, cranberries, and almonds with dressing.
- 2. Serve on a lettuce leaf or mound of chopped lettuce.

**NOTE:** Gravy made with cornstarch is translucent in appearance while gravy made with flour is more opaque. If you're new to gravy-making try one of the quick dissolving flours advertised for gravy making in the flour section of your store.



<sup>\*</sup> Be aware if you freeze leftover gravy, it may tend to separate when it thaws. Stirring gravy — especially with a whisk — during reheating will help it recombine. In general, gravy made with flour may reheat better than gravy made with cornstarch.

#### **Turkey Rice Salad**

(Serves 4)

- 3 cups cooked brown, white or wild rice
- 2 cups cubed (cooked) turkey or chicken breast
- 1 cup seedless grapes, halved
- ½ cup chopped red or green bell pepper
- ½ cup chopped sweet onions
- ½ cup oil/vinegar salad dressing, such as Italian salad dressing

Mix together ingredients. Chill for about one hour before serving to allow flavors to blend.

#### White Turkey Chili

(Serves 8)

- 1 tablespoon oil
- 1/4 cup onion, chopped
- 1 cup celery, chopped
- 4 cups cooked turkey, chopped
- 2 cans (15.5 oz.) Great Northern beans, drained
- 2 cans (11 oz.) corn, undrained
- 1 can (4 oz.) chopped green chilies
- 4 cups turkey or chicken broth
- 1 teaspoon ground cumin

Heat oil in a skillet over medium heat. Add onion and celery, cook and stir 2-3 minutes. Place all ingredients in a large saucepan (at least 4 quarts). Stir well. Cover and cook about 15 minutes over medium heat stirring occasionally until thoroughly heated.

Source: Mary Torell, formerly Public Information Officer, Nebraska Dept. of Agriculture, Poultry and Egg Division

## **Turkey Vegetable Soup**

**Yield:** 2 servings

- 1 cup chopped, cooked turkey
- dash of pepper
- 1/4 chopped onion
- 1/4 cup chopped celery
- 2 thinly chopped carrots
- 1/4 teaspoon thyme
- 2 cups low sodium chicken broth
- 1 cup cooked pasta (such as bowtie, shells, macaroni, etc.) OR 1 cup cooked rice
- 1. Add all ingredients, except pasta or rice to pan. Bring to a boil, reduce heat to a simmer and cook covered until vegetables are tender crisp, about 10 to 15 minutes.
- 2. Add cooked pasta or cooked rice and cook a few more minutes until pasta or rice is heated.

## **Turkey Stew**

Serving Size: 1/4 of recipe

Yield: 4 servings

- 2 teaspoons vegetable-oil
- 1/2 cup chopped onion
- 1 finely chopped garlic clove or 1/2 teaspoon garlic powder
- 4 chopped carrots
- 2 chopped celery stalks
- 2 chopped potatoes
- 1 can (15 ounce) tomatoes, diced
- 2 cups water
- 2 cups chopped, cooked turkey
- salt and pepper to taste
- Italian seasoning or oregano, basil or thyme to taste
- 1. Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir two minutes.
- 2. 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.
- 3. Season to taste before serving. Refrigerate leftovers.

**Source:** Adapted from: Montana Extension Nutrition Education Program Website Recipes, Montana State University Extension Service, available at SNAP-Ed Connection Recipe Finder at <a href="http://recipefinder.nal.usda.gov/">http://recipefinder.nal.usda.gov/</a>

#### Alice's Notes:

- 1. Start checking the vegetables for tenderness after about 15 minutes, especially if you like them to have a crunch to them. Also, how fast they cook will depend on their size.
- 2. I tossed in the turkey the same time as the vegetables to help assure I didn't overcook the vegetables.
- 3. If you like, use a low sodium chicken broth instead of water in this recipe for added richness.
- 4. Unless I'm trying to concentrate the broth of a soup or stew, I like simmer a soup so the pan is covered, unless I'm just reheating it. Otherwise, the broth tends to cook down more rapidly and I may need to add more liquid. Whether covered or uncovered, it's a good idea to check the liquid level of your soup periodically. Add salt at the end, if desired, to season to taste as the soup will be saltier than when you started if the broth has cooked down and the liquid has not been replaced.
- 5. I like to use a yellow potato such as a Yukon Gold potato in soups. They have a thin skin; just wash and scrub; cut into cubes and toss them into your soup.

#### **Brunswick Stew**

**Serving Size:** approximately 1 cup for small; 2 cups for large

**Yield:** 8 small servings or 4 large main dish servings

- 1 tablespoon vegetable oil
- 1 medium chopped onion
- 1/2 cup chopped pepper, red, green or a combination (optional)
- 2 cups chicken broth, low sodium
- 1/2 teaspoon dried leaf thyme
- 1/4 teaspoon black pepper
- 2 cups cooked, diced and boned chicken or turkey
- 2 cups tomatoes, canned or cooked
- 2 cups cooked dry beans OR 1 (15.5 ounce) can beans (drained), such as red beans or Great Northern beans, etc.
- 2 cups whole kernel corn, frozen or 1 (15.5 ounce) can corn, canned without salt (drained)
- 1. Heat oil in a large pan. Add onion and cook in oil until tender.
- 2. Add all remaining ingredients, except salt and pepper. Bring to a simmer and cook, covered, for 30 minutes at medium-low.
- 3. Season to taste with salt, if desired.

**Source:** This recipe is a slightly adapted version of a recipe from Healthy Futures, Virginia Cooperative Extension available at SNAP-Ed Connection Recipe Finder <a href="http://recipefinder.nal.usda.gov/">http://recipefinder.nal.usda.gov/</a>

#### **Roasted Turkey Rice Bowl**

Use the following idea from the USA Rice Federation < <u>www.usarice.com</u> > Rice Council as a starting point in creating a meal by combining rice and leftover turkey, gravy and vegetables.

**Rice:** White or brown

Vegetables: Mushrooms, onions, peas

**Protein:** Roasted turkey strips

Sauce/Seasonings/Garnish: Turkey gravy. Garnish with cranberries or minced herbs.

#### More Ideas

- **Turkey and Cranberry Sandwich.** Spread cranberry sauce on top of two slices of buttered bread. Place sliced turkey on one bread slice and cover with the other bread slice. Enjoy!
- **Grilled Turkey and Cheese Sandwich.** Add thinly sliced turkey when you make a grilled cheese sandwich. For extra kick, spread a little cranberry sauce on the turkey.
- **Open-faced Hot Turkey Sandwich.** Heat sliced turkey with leftover gravy until steamy hot throughout. For each sandwich, top once slice of bread with turkey slices and gravy.