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WELLNESS WEEKLY

Light & Tasty Ways to Enjoy Leftover Turkey

One of the best parts about Thanksgiving comes during the days after -- leftovers!



Make a turkey salad sandwich by mixing a little light mayonnaise with just as much fat-free sour cream and stir in diced turkey along with some chopped celery, a pinch of Dijon mustard, and a sprinkle of toasted pecans or walnuts. Serve on whole-grain bread or a whole-grain roll.

Don't wait until lunch to enjoy your leftover turkey. Add some shredded turkey to your breakfast omelet or frittata. Turkey goes well with items we normally add to our omelets and frittatas -- green onions, avocado, vegetables, reduced-fat cheese, or fat-free sour cream.

- Add diced turkey to whatever soup or stew you enjoy. You can even buy low-fat canned soup (like chicken noodle, minestrone, etc. and stir some diced turkey into the saucepan when you are heating it up.
- Add shredded turkey to your favorite rice dish, such as a rice casserole, a saffron or savory rice dish, or even a cold rice salad.
- Make an individual serving of casserole. Stir about 1/3 cup of shredded turkey meat and 1/3 cup of some vegetables into a small microwave-safe bowl, along with about 1 cup of leftover stuffing. Top with a spoon of gravy or grated reduced-fat cheese, if desired. Cover and reheat mixture in the microwave about 2 minutes on HIGH.
- Turkey chili will heat things up the day after Thanksgiving. Make your favorite light chili recipe but instead of adding in browned ground beef or beef chunks, stir in some diced or shredded turkey.
- Enjoy a light turkey Caesar salad the next day. Mix up a quick Caesar salad using Romaine lettuce, tomato wedges, and fat-free or low-fat Caesar salad croutons (available in most supermarkets). Top the salad with plenty of shredded turkey and drizzle bottled light Caesar salad dressing over the top. If you can't find light Caesar dressing in your market, make up your own by blending 1/2 cup of regular Caesar dressing with 1/2 cup of apple juice.
- Transform leftover turkey into an elegant turkey dish by topping a turkey and broccoli casserole with melted reduced-fat cheese and a light crumb topping.
- Add shredded turkey to your favorite pasta dish, such as lasagna, pesto and pasta, even chilled pasta salad.