



Tasty Turkey Left-Overs

Try new uses for left-over holiday turkey!

Turkey and Pepper Fajitas: sauté red onion, green and red bell pepper strips, and minced garlic in hot vegetable oil until very soft. Add turkey strips and cook until heated through. Stir in chili powder to taste. Roll up in warm flour tortillas. Add small amounts of salsa and sour cream.

Sweet and Zesty Turkey Sandwich: mix cranberry sauce with Dijon mustard (use more, if you like it spicier) to make a sweet and zesty sandwich spread. Smear the cranberry mustard on a split Kaiser roll or hamburger bun and top with turkey slices and lettuce.

Turkey Wrap: spread softened cream cheese onto a flour tortilla. For more zip, stir a small amount of cream-style horseradish into cream cheese before spreading onto tortilla. Then spread jellied cranberry sauce over the cream cheese. Top with strips or thin slices of turkey and roll the tortilla into a wrap.

Tropical Turkey Salad: toss together chopped turkey, 1 small can drained mandarin orange sections, 1 cup halved grapes, and 1 small can drained pineapple chunks. Combine ½ cup low fat mayonnaise with 2 TBSP honey and 1/8 tsp ground ginger. Blend dressing into turkey mixture. Serve on lettuce leaves or shredded green cabbage.

Curried Turkey Salad: mix diced turkey with mayonnaise, chopped apples, dried cranberries, and curry powder (to taste). Serve on lettuce leaf or stuff a pita pocket.

Turkey Pasta Salad: combine chunks of left-over turkey with cooked corkscrew pasta and lower potassium chopped vegetables such as cucumbers, green and red peppers, red onion, and cooked green beans. Sprinkle with salt free Italian seasoning blend and toss with olive oil and red wine vinegar.

Turkey Casserole: combine left-over turkey and stuffing with cooked sliced carrots and green peas in a casserole dish. Heat until warm. Can be served with low sodium gravy or cranberry sauce, if desired.

Pineapple-Cherry Turkey: in small saucepan combine ½ cup crushed pineapple in its own juice with 3 Tablespoons cherry preserves (those with diabetes could use low sugar version) and 1 teaspoon ground ginger. Bring to a boil over medium heat while stirring and then simmer for a few minutes. In a small cup mix 1 teaspoon cornstarch with 1 Tablespoon water, and then pour this gradually into simmering pineapple-cherry sauce; stir until thickened. Pour sauce over warmed sliced turkey. Serve with rice.