



United States Department of Agriculture

MyPlate KITCHEN

COOKBOOK

Turkey Leftovers

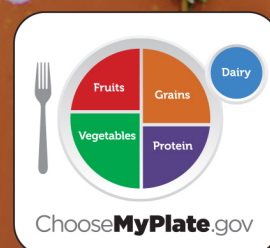


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Leftover Turkey Casserole



Makes: 6 Servings

Leftover turkey, is jazzed up with cheese, cream of mushroom soup, and celery in this hearty casserole dish! Use leftover turkey that has been properly handled and stored.

Ingredients

- 6 slices bread, whole wheat
- 4 ounces cubed turkey
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1/2 teaspoon pepper
- 2 eggs, lightly beaten
- 1 1/2 cups milk, 1%
- 1 can cream of mushroom soup, low-sodium (10.75 ounces)
- 2 slices bread, whole wheat
- 2 teaspoons margarine
- 1/2 cup cheddar cheese, low-fat shredded (or jack cheese)
- 1/2 cup mayonnaise, light

Directions

1. Lightly coat a 9x9x2-inch baking dish with vegetable spray. Cut 6 slices of bread (fresh or day-old) into 1-inch cubes and place half into the bottom of a baking dish.
2. In a bowl, combine turkey, onion, celery, mayonnaise, and pepper. Spoon mixture over bread crumbs.
3. Place remaining bread cubes over turkey mixture and press down slightly with spoon.
4. Combine eggs and milk and pour mixture over cubes. Cover and refrigerate overnight.
5. When ready to bake, preheat oven to 325°F
6. Spoon soup over top of casserole.
7. Spread one teaspoon margarine on side of each slice of bread. Cut buttered bread into 1/2-inch cubes and sprinkle on top of casserole.
8. Bake for 60 minutes or until knife inserted in middle comes out clean. Remove from oven and sprinkle cheese over top. Let stand 15 minutes before cutting and serving.

Source:

University of Illinois Extension. Wellness Ways recipes

Nutrition Information

Serving Size: 1/6 of recipe (273g)

Nutrients	Amount
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Total Calories	277
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Total Fat	11 g
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Saturated Fat	3 g
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Cholesterol	79 mg
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Sodium	747 mg
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Carbohydrates	27 g
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Dietary Fiber	3 g
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Total Sugars	7 g
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Added Sugars included	3 g
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Protein	17 g
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Vitamin D	1 mcg
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Calcium	201 mg
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Iron	2 mg
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Potassium	500 mg
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Note: only nutrients that are available will show on this display

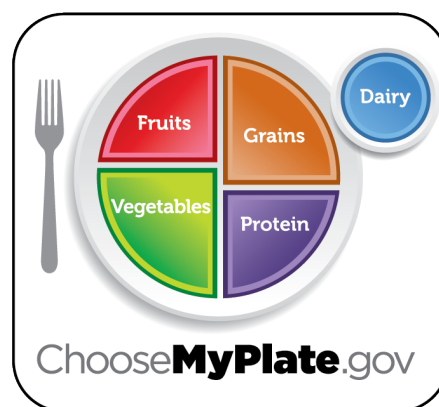
MyPlate Food Groups

 Vegetables 1/4 cups

 Grains 1 1/2 ounces

 Protein Foods 1 ounces

 Dairy 1/2 cups



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Turkey Stew



Makes: 4 servings

This hearty stew of turkey, potatoes, and vegetables will warm up a cold winter night. You can replace the cooked turkey with cooked chicken.

Ingredients

- 2 teaspoons vegetable oil
- 1/2 cup onion (chopped)
- 1 garlic clove (finely chopped, or 1/2 teaspoon garlic powder)
- 4 carrot (chopped)
- 2 celery stalk (chopped)
- 2 potatoes (chopped)
- 1 can tomatoes, diced
- 2 cups water
- 2 cups turkey (cooked, chopped)
- salt and pepper (optional, to taste)
- Italian seasoning or oregano, basil or thyme (to taste, optional)

Directions

1. Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir for 2 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:

Montana State University Extension Service.

Nutrition Information

Serving Size: (480g)

Nutrients	Amount
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Total Calories	248
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Total Fat	4 g
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Saturated Fat	1 g
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Cholesterol	51 mg
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Sodium	495 mg
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Carbohydrates	30 g
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Dietary Fiber	6 g
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Total Sugars	7 g
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Added Sugars included	0 g
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Protein	23 g
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Vitamin D	0 mcg
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Calcium	86 mg
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Iron	2 mg
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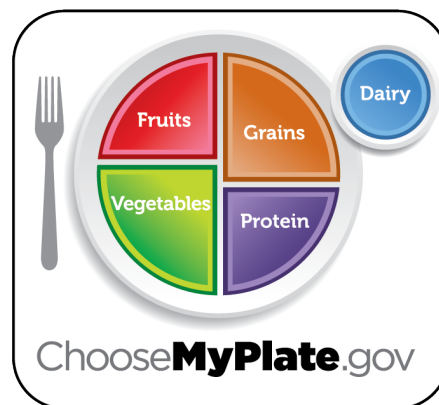
Potassium	1061 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 1 3/4 cups

 Protein Foods 2 1/2 ounces



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Vegetable and Turkey Stir Fry



Makes: 4 servings

Cooked turkey combined with your favorite frozen veggies means you can throw this stir fry together quickly for a healthy weekday dinner.

Ingredients

- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 2 thin slices of ginger root (minced)
- 1 garlic clove (peeled and minced)
- 16 ounces turkey (cooked, cut into 1/2 inch cubes)
- 1/2 teaspoon sugar
- 1 2/3 packages vegetables, fresh or frozen (10 ounce package, chopped)
- water (optional)

Optional Gravy

- 1 tablespoon cornstarch
- 2 teaspoons soy sauce, low sodium
- 1/2 cup chicken stock

Directions

1. Heat fry pan. Add oil and heat on high temperature.
2. Add ginger, garlic, turkey and vegetables. Stir fry about 1 minute to coat with oil.
3. Adjust heat to prevent scorching. Add sugar. If vegetables are tender, stop cooking at this time.
4. If the vegetables are firm, add 1-2 tablespoons of water, cover and cook for 2 minutes or until tender.
5. Serve at once, or if you wish to add a gravy:
6. Mix the gravy ingredients well, pour over vegetables and turkey, cook for 30 seconds.
7. Refrigerate leftovers within 2 hours.

Source:

[Vegetables and Turkey Stir Fry](#), Food Hero, Oregon State University Cooperative Extension Service.

Nutrition Information

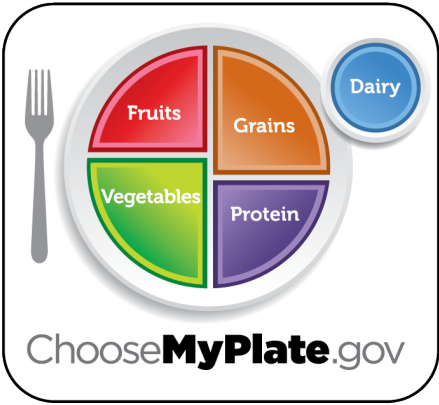
Serving Size: 1/4 of recipe (196g)

Nutrients	Amount
Total Calories	275
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	85 mg
Sodium	1071 mg
Carbohydrates	18 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	1 g
Protein	36 g
Vitamin D	0 mcg
Calcium	44 mg
Iron	2 mg
Potassium	511 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

	Vegetables	3/4 cups
	Protein Foods	4 ounces



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Turkey Salad with Orange Vinaigrette



Makes: 4 servings

Fresh orange juice and dijon mustard give this vinaigrette a bright and zesty flavor to top this turkey and orange salad.

Ingredients

- 1/4 cup orange juice
- 2 tablespoons vinegar, white wine
- 2 tablespoons onion (finely chopped)
- 1/4 teaspoon salt
- 1 dash pepper
- 1 tablespoon oil
- 2 teaspoons Dijon mustard
- 4 cups salad greens (torn)
- 2 cups cooked turkey breast (cut into julienne strips)
- 1 cup mandarin orange sections (drained)
- 1/2 cup celery (sliced)

Directions

1. In a jar with tight-fitting lid, combine all vinaigrette ingredients; shake well. If you don't have a container with a tight-fitting lid, place ingredients in a small mixing bowl and mix together with a whisk.
2. In large bowl, combine all salad ingredients; toss gently.
3. Serve with vinaigrette. If desired, garnish with fresh strawberries.

Source:

University of Nebraska, Cooperative Extension, [Cook it QUICK!](#)

Nutrition Information

Serving Size: 1 1/2 cups salad, 1/4 of recipe (251g)

Nutrients Amount

Total Calories 172

Total Fat 5 g

Saturated Fat 1 g

Cholesterol N/A

Sodium 551 mg

Carbohydrates 10 g

Dietary Fiber 2 g

Total Sugars 7 g

Added Sugars included 0 g

Protein 21 g

Vitamin D N/A

Calcium 49 mg

Iron 1 mg

Potassium N/A

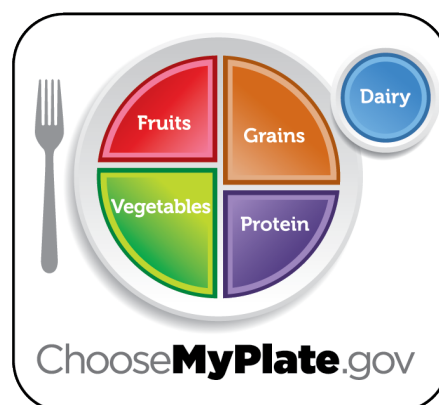
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MyPlate Food Groups

 Fruits 1/2 cups

 Vegetables 3/4 cups

 Protein Foods 2 1/2 ounces



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Brunswick Stew



Makes: 8 servings

This hearty stew makes 8 servings or you can double it for a crowd. Skip the trip to the grocery store by using fresh leftover cooked chicken or turkey that has been properly stored and handled in addition to canned veggies from your pantry.

Ingredients

- 1 tablespoon vegetable oil
- 1 onion (medium, chopped)
- 2 cups chicken broth, low-sodium
- 2 cups chicken or turkey (cooked, diced and boned)
- 2 cups tomatoes, canned or cooked (low sodium)
- 2 cups lima beans, canned or cooked
- 2 cups whole kernel corn, canned or cooked

Directions

1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.
3. Makes 8 servings of about 1 cup each.

Source:

Virginia Cooperative Extension, Healthy Futures

Nutrition Information

Serving Size: 1 cup prepared stew, 1/8 of recipe

Nutrients Amount

Total Calories 180

Total Fat 4 g

Saturated Fat 1 g

Cholesterol 33 mg

Sodium 324 mg

Carbohydrates 22 g

Dietary Fiber 5 g

Total Sugars 4 g

Added Sugars included 0 g

Protein 17 g

Vitamin D 0 mcg

Calcium 36

Iron 2

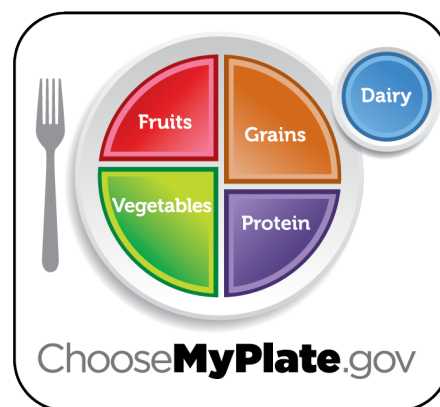
Potassium 621

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 3/4 cups

 Protein Foods 2 ounces



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Eve's Tasty Turkey Tetrazzini



Makes: 8 Servings

Our family loves the savory flavors of a turkey dinner. However, after a few rounds of leftovers, it's great to be able to taste new flavors and prepare an easy, one-dish meal. My version of Turkey Tetrazzini has 1/2 the sodium and more vegetables than the original version without sacrificing flavor or texture. This Turkey Tetrazzini is a tradition in our household, and I hope it becomes one in yours as well. - Eve, CNPP Nutritionist.

Ingredients

- 8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles
- 4 tablespoons light butter (unsalted)
- 2 cups mushrooms, sliced (fresh or canned)
- 1 teaspoon dried thyme
- 1/2 cup all-purpose flour
- 2 cups reduced-sodium chicken broth
- 1 1/2 cups skim milk
- 4 cups chopped cooked turkey
- 1 cup peas (frozen)
- 2 tablespoons grated Parmesan cheese

Directions

1. Preheat oven to 400 °F. Lightly grease a 9x9-inch baking dish.
2. Cook pasta in a large pot of boiling water until tender. (Check cooking time for pasta; remove pasta approximately 2 minutes early.)
3. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
4. Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.)
5. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
6. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish
Turkey Leftovers

and sprinkle with Parmesan cheese.

7. Bake until the sauce is bubbling and the cheese is golden brown, 25-35 minutes. Let cool 15 minutes before serving.

Source:

Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 1 Portion of Eve's Tasty Turkey Tetrazzini

Nutrients Amount

Total Calories **319**

Total Fat **7 g**

Saturated Fat 4 g

Cholesterol 56 mg

Sodium **260 mg**

Carbohydrates **34 g**

Dietary Fiber 5 g

Total Sugars 4 g

Added Sugars included 0 g

Protein **30 g**

Vitamin D 1 mcg

Calcium 110 mg

Iron 3 mg

Potassium 457 mg


Note: only nutrients that are available will show on this display

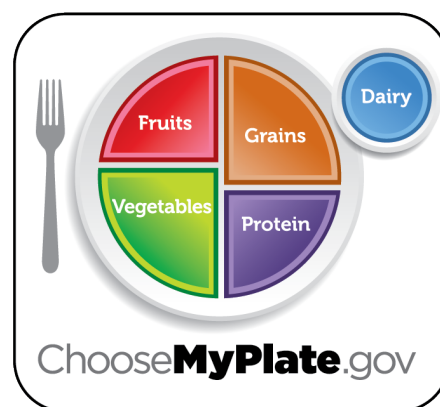
MyPlate Food Groups

 Vegetables 1/2 cups

 Grains 1 1/2 ounces

 Protein Foods 2 1/2 ounces

 Dairy 1/4 cups



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Turkey Tostadas



Makes: 4 servings

These tostadas are layered with refried beans, turkey, and cheese to create a delicious and easy dinner. Top with tomatoes, lettuce, and onions to increase your veggies.

Ingredients

- 2 cups cooked turkey (cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained)
- 2 tablespoons taco seasoning (chili)
- 1 1/2 cups water
- 4 corn tortillas
- 1/4 cup refried beans (low-fat or fat-free)
- 1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
- 1/2 cup tomatoes (chopped)
- 1/2 cup lettuce (shredded)
- 2 tablespoons onion (chopped)
- 8 tablespoons taco sauce (1/2 cup)
- plain yogurt (low-fat or fat-free optional)
- guacamole (or mashed avocado optional)

Directions

1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

Source:

Turkey Leftovers

UMass Extension Nutrition Education Program.

Nutrition Information

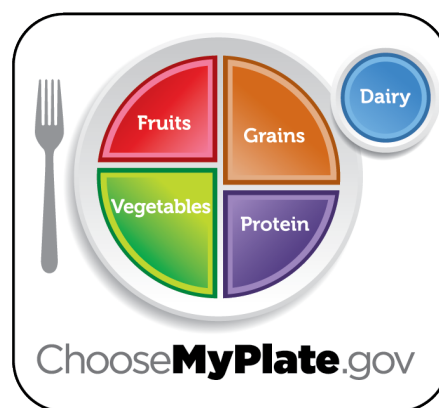
Serving Size: 1 tostada (276g)

Nutrients	Amount
Total Calories	197
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	53 mg
Sodium	699 mg
Carbohydrates	19 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	24 g
Vitamin D	0 mcg
Calcium	69 mg
Iron	1 mg
Potassium	434 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables	1/2 cups
 Grains	1 ounce
 Protein Foods	2 1/2 ounces



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Turkey Pinwheel Appetizers



Makes: 16 servings

Colorful tomatoes and spinach make these appetizers festive enough for your next party or potluck.

Ingredients

- 8 ounces cream cheese, low-fat (garlic and herb)
- 6 flour tortillas (8 inch)
- 6 slices turkey (low sodium, 6 ounces)
- 3 Roma tomatoes (medium, chopped)
- 3 cups baby spinach leaves (fresh)

Directions

1. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
2. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.

Source: Ohio State University Cooperative Extension, [Recipes - Ross County](#)

Nutrition Information

Serving Size: 3 pinwheels (59g)

Nutrients	Amount
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Total Calories	106
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Total Fat	4 g
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Saturated Fat	2 g
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Cholesterol	12 mg
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Sodium	260 mg
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Carbohydrates	13 g
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Dietary Fiber	1 g
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Total Sugars	2 g
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Added Sugars included	0 g
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Protein	5 g
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Vitamin D	0 mcg
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Calcium	54 mg
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Iron	1 mg
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Potassium	173 mg
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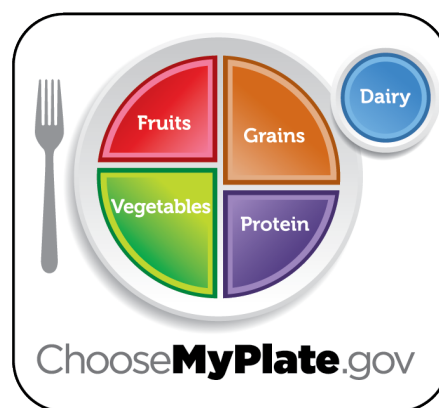
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MyPlate Food Groups

 Vegetables 1/4 cups

 Grains 1/2 ounces

 Protein Foods 1/2 ounces



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