

# MINUTE NUTRITION NEWS

December 2016

## Ten Ways to Use Leftover Turkey

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If you have been working hard all year on your health goals, the end of the year is not the time to stop! Holiday festivities will present you with lots of challenges and temptations to overeat, but these holiday leftover ideas will sure give you an incentive to pack away that extra food for another day (or two)!

### Leftover Turkey Sandwiches

One of the classics – your sandwich can be as simple as turkey and cheese, but here are some favourites I have rounded up from the internet. (You will find the recipe link to the referenced numbers in brackets at the bottom of the page. Simply substitute any deli turkey meat in the recipes with your leftover turkey.) The turkey provides protein for a satisfying lunch, but the vegetable toppings give these sandwiches a big boost in healthy vitamins and minerals!

- Turkey, mayonnaise, lettuce, cheese, tomato slices, avocado slices, red onion, alfalfa sprouts (1)
- Turkey, hummus, bacon, tomato slices, lettuce, mashed avocado (2)
- Turkey, cranberry sauce, white cheddar, spinach, green apple slices (3)
- Turkey, lettuce, tomato slices, homemade black bean spread (4)
- Curried turkey salad sandwich (recipe on the back)
- Add cheese to any of the above and turn it into a gourmet grilled cheese
- Switch the bread for a whole wheat waffle and top with turkey, arugula or spinach, cranberry sauce and cream cheese. (5)



### One Pot / One Pan Dishes

- Sheppard's Pie – Substitute the usual ground beef with shredded turkey meat, and top with vegetables and mashed potatoes (which could be leftovers too).
- Turkey Curry – This 30-minute meal is so different that your family won't even suspect you used leftover turkey in this dish! All you need to do is cook up some vegetables (feel free to use leftovers), add the turkey and spices, and let the curry simmer and do its magic. (6)
- Turkey Chili – Use shredded turkey instead of ground beef and top up with additional protein choices like beans and tofu if you've already used most of your leftover turkey for your sandwiches! (7)

### References

1. Bless this Mess, 2016. The Ultimate Turkey Sandwich. Retrieved from <http://www.blessthismessplease.com/2016/09/ultimate-turkey-sandwich.html> 2. My Sequined Life, 2016. Hummus Avocado Turkey Club Sandwich. Retrieved from <http://www.mysequinedlife.com/2016/02/16/hummus-avocado-turkey-club-sandwich/> 3. Taste of the South, 2015. Turkey Sandwich with Cheddar, Apple and Cranberry. Retrieved from <http://www.tasteofthesouthmagazine.com/turkey-sandwich-with-cheddar-apple-and-cranberry/> 4. The Wicked Noodle, 2016. Healthy Turkey Sandwich Recipe with a Black Bean Spread. Retrieved from <http://www.thewickednoodle.com/healthy-turkey-sandwich-recipe-hillshirefarmnaturals/> 5. Neighbor Food, 2013. Waffled Cranberry Cream Cheese Turkey Sandwiches. Retrieved from <http://neighborfoodblog.com/2013/12/waffled-cranberry-cream-cheese-turkey-sandwiches-sundaysupper.html> 6. Healthy Recipes, 2013. Leftover Turkey Curry. Retrieved from <http://healthyrecipesblogs.com/2013/11/30/leftover-turkey-curry/> 7. Canadian Living, 2014. 30-Minute Turkey Chili. Retrieved from <http://www.canadianliving.com/food/recipe/30-minute-turkey-chili>

# RECIPE OF THE MONTH

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## Curried Chicken/Turkey Salad

A twist to the day to day chicken salad sandwich - this recipe gives an extra boost in fibre and vitamins thanks to the added celery and apples. Not only do they add a wonderful crunch and sweetness to the recipe, but also gives a beautiful red and green colour for those of us who are not quite ready to say good-bye to the holidays just yet!



**Makes two servings (1 serving contains approx. ¾ cup)**

### Ingredients:

1 cup (about 1 chicken breast)	Leftover chicken or turkey breast, cut into ½-inch pieces
3 tbsp.	Plain Greek yogurt
1 tbsp.	Low fat mayonnaise
1 stalk	Celery, diced
1	Small Gala apple, skin on, diced
1 tbsp.	Green onion, chopped
1 tsp	Curry powder
Pinch	Salt and ground black pepper

### Directions:

1. Combine all ingredients together.
2. Serve in sandwiches, pita pockets, wraps or on a bed of lettuce.

### Optional Substitutions:

1. Substitute apple with 1/3 cup of seedless red grapes (cut into halves or quarters).
2. Greek yogurt can be non-fat, low-fat or regular fat, depending on personal preference. Nutrition values below are based on non-fat Greek yogurt.

### Nutrition information (Per serving):

140 calories, Fat 2.5 g (4% DV), Carbohydrate 14 g (5% DV), Fibre 3 g (12%), Protein 16 g, Sodium 200 mg (8% DV), Sugars 9 g, Vitamin A 6%, Vitamin C 2%, Calcium 6%, Iron 4%