

Reinvent Your Thanksgiving

Nothing tastes better than turkey with all the trimmings! But what should you do with the leftovers? Reheating is one option. Refrigerated leftover turkey, gravy and stuffing are only good for three or four days. And, remember to reheat everything to an internal temperature of 165°F to prevent foodborne illness.

Another option:

Reinvent your Thanksgiving feast a day or two later.



- *Make a hearty harvest stew.* Start with leftover gravy (fat skimmed away) as the base. Make it hearty with leftover turkey and veggies. Thicken with mashed potatoes or sweet potatoes. Cook to 165°F.
- *Stack a turkey-berry wrap.* Wrap sliced turkey, spread with cranberry sauce and shredded greens in whole-wheat tortillas. Add toasted pecans if you have some.
- *Blend cranberry smoothies.* Blend cranberries with frozen yogurt and orange juice.
- *Freeze turkey stock in small amounts.* Later, thaw in the refrigerator and cook couscous, pasta, rice or soup with the stock instead of water.

This Month's Featured Vegetable:

PUMPKIN

This fall favorite is low in saturated fat, cholesterol, and sodium. It is also a good source of vitamin E, B vitamins, folate, iron, magnesium and phosphorus, and a very good source of dietary fiber, vitamin A, vitamin C, riboflavin, potassium, copper and manganese.

If you use fresh pumpkin for bread, soup, pie or other recipes, don't throw away the seeds. You can bake them for a wholesome, crispy snack. If you're looking for convenience, canned pumpkin without salt is a healthy alternative to fresh.



- *Toss a crunchy turkey salad.* Toss cubed turkey with celery, apples and light mayo with shredded baby spinach.
- *Make a stuffing frittata.* Mix stuffing with eggs and cook through, pancake-style.
- *Bake a turkey pot pie.* Toss leftover vegetables plus shredded turkey into a casserole dish and top with a prepared pie crust