

What to do you do with Leftovers?

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Thanksgiving is a wonderful time to celebrate, eat and be merry. But after the celebration over, what do you do with the leftovers? Leftovers in general should be tossed after four days. Leftover foods can be a breeding ground for bacteria if they sit in the refrigerator too long. Here are some guidelines:

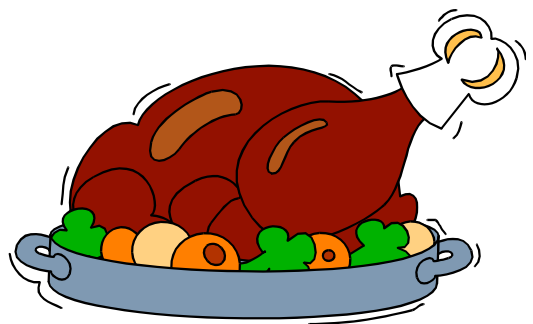
- ✓ Cooked fresh vegetables will keep three to four days
- ✓ Stuffing is good for about two days after the meal
- ✓ Cooked beef, pork, poultry, or fish is OK to eat for three to four days after the meal
- ✓ Soups and stews will keep three to four days after they are prepared
- ✓ When storing leftovers package them in shallow containers (two inches deep or less)
- ✓ Keep your refrigerator at 40 degrees Fahrenheit or less
- ✓ Refrigerate or freeze the leftovers two hours after preparing the meal
- ✓ Remove leftover turkey from the bone and store it separately from the stuffing and gravy
- ✓ Slice the turkey breast into thin slices before storing it; the wings and legs can be stored whole
- ✓ Store cooked meat away from raw meat
- ✓ Reheat all leftovers to at least 165 degrees Fahrenheit

Here is a fun recipe to try:

White Turkey Chili

Ingredients:

- 1 Tb. Margarine
- 1 $\frac{1}{2}$ c. chopped onion
- $\frac{1}{2}$ c. chopped celery
- $\frac{1}{2}$ c. chopped red pepper
- 1 Tb. Minced hot pepper
- 1 garlic clove, minced
- 3 c. chopped turkey
- 2 cans white cannellini beans (or great northern beans), drained



2 cans fat free chicken broth
1 c. frozen whole kernel corn
1 $\frac{1}{2}$ tsp. cumin
1 tsp. chili powder
1 can chopped green chiles
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. black pepper
1 c. low fat milk
 $\frac{1}{2}$ c. chopped fresh cilantro

Directions:

Melt the margarine in large Dutch over medium heat. Add onion, celery, peppers, and garlic and sauté for five minutes. Add turkey, 1 $\frac{1}{2}$ c. beans, broth, corn, chilies, cumin, chili powder, salt, and pepper and bring to a boil. Cover, reduce heat and simmer for 15 minutes.

Mash the remaining beans with the milk and add to the turkey mixture. Simmer and cook for 20 minutes. Stir in chopped cilantro. Makes 11 servings

Nutritional analysis: 217 calories, 33 mg. cholesterol, 4.6 grams fat, 462 mg. sodium,

Taken from www.cookinglight.com, www.eatright.org, and www.homesafety.org