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Turkey Makeovers for Turkey Leftovers

Add your turkey leftovers to any of these recipes to make a quick and tasty dish!

- Soups- add turkey to many soup recipes like Minestrone
- Salads- add chopped turkey to Orange Rice Salad
- Pizza- Top My Personal Pizza with turkey
- Dinners- Add a little turkey to Easy Cheesy Enchiladas or Turkey Stroganoff recipe on page 2.



Food Safety

Keep your family safe this holiday season.

- **Thawing** should not be done at room temperature, safely thaw in the refrigerator.
- **Cook** food as soon as it's thawed; use a thermometer and cook food to the right temperature.
- **Leftovers** should be refrigerated within 2 to 3 hours in shallow dishes.

For more food safety information check out the Food Safety tip on Foodhero.org!

Kids can...

- * Crush corn flakes for Turkey Stroganoff
- * Set the kitchen timer for cooking food
- * Help set the table for family and guests



Family Indoor Games

Play the matching game! Draw matching pictures like peanut butter and jelly on cards, tape them on each other's backs, then try to find your match or guess your card!

Try other things like a talent show, scavenger hunt, or draw the family portrait together!

Monthly Hero Checklist

- Add leftover turkey to a Food Hero recipe.
- Play a family game.
- Have kids help in the kitchen.
- _____

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FoodHero.org

Oregon State UNIVERSITY **OSU** Extension Service



Turkey Stroganoff

Ingredients

- 2 teaspoons **vegetable oil**
- 1 small **onion**, chopped
- 1 clove **garlic**, minced
- 2 cups cooked **turkey**, ½ inch cubes
- 2 cups **water**
- 1 cup **low-fat milk**
- 1 can (10 ¾ ounces) **cream of mushroom soup**
- 1 package (10 ounces) frozen **peas**
- 2 cups dry **macaroni**
- 2 teaspoons **dill weed**
- ¼ teaspoon **black pepper**
- 1 cup **corn flakes**
- ¼ teaspoon **garlic powder**
- ½ cup nonfat **sour cream**

Directions

1. Heat oil in a large frying pan over medium-high heat (350 degrees in an electric skillet) and sauté onions until transparent.
2. Add garlic and cook briefly, about 30 seconds.
3. Add turkey, water, milk, soup, and peas; bring to a boil.
4. Add macaroni, dill, and pepper; stir to combine.
5. Cover pan, reduce heat to low (225 degrees in an electric skillet) and cook 10-15 minutes until pasta is tender. Stir occasionally to prevent sticking.
6. While mixture is cooking, crush corn flakes in small bowl, mix in garlic powder and set aside.
7. Just before serving, stir in sour cream and top with corn flake mixture.
8. Refrigerate leftovers within 2-3 hours.

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1 cup (262g) | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 280 | Calories from Fat 50 |
| % Daily Value* | |
| Total Fat 6g | 9% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 410mg | 17% |
| Total Carbohydrate 36g | 12% |
| Dietary Fiber 3g | 12% |
| Sugars 7g | |
| Protein 20g | |
| Vitamin A 20% | • Vitamin C 15% |
| Calcium 10% | • Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

For more recipes and tips on eating well for less, visit www.foodhero.org