



November Newsletter



As the holiday season winds down, it's the perfect time to transform leftovers into meals that are simple, colorful, and packed with nutrients. Leftover turkey, roasted vegetables, and mashed sweet potatoes can be more than just a repeat of yesterday's feast—they're an opportunity to create balanced meals that are both satisfying and healthy.

Our turkey stir-fry is a great example of how to refresh leftovers. Sauté chopped turkey with colorful vegetables and a whole grain like brown rice or quinoa for a fiber- and protein-rich dinner. For breakfast, mix leftover stuffing with eggs or egg whites for a hearty scramble that will keep you full until lunch.

Leftovers can also shine in soups, salads, and bowls. Combine roasted vegetables, turkey, and low-sodium broth for a comforting, nutrient-dense soup, or chop turkey and veggies into leafy greens with a simple vinaigrette for a fresh lunch. Mashed sweet potatoes can be topped with turkey, black beans, or sautéed greens to create a colorful, filling bowl. Wraps and sandwiches with whole-grain bread or tortillas are another easy way to make your holiday favorites portable and balanced.

By thinking creatively, a few versatile leftovers can become multiple meals throughout the week. Not only does this approach save time and reduce food waste, it also keeps your meals healthy, colorful, and budget-friendly—perfect for enjoying the flavors of the season long after the holiday table is cleared.

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