

Transform Holiday Leftovers into Balanced Meals!



The holiday season often leaves us with plenty of leftovers. With a little creativity, these foods can be turned into quick, nourishing meals that keep the holiday flavors alive all week long while reducing food waste!

Turkey Stir-Fry: Sauté leftover turkey with colorful veggies and a whole grain like brown rice or quinoa for a fiber- and protein-packed meal.

Stuffing Breakfast Scramble: Mix leftover stuffing with eggs or egg whites for a hearty, protein-rich breakfast.

Veggie-Packed Soup: Combine leftover roasted vegetables, turkey, and low-sodium broth for a comforting, nutrient-dense soup.

Salad Upgrade: Chop leftover turkey and roasted vegetables, add leafy greens and a simple vinaigrette for a fresh, balanced lunch.

Sweet Potato Mash Bowls: Top mashed sweet potatoes with turkey, black beans, or sautéed greens for a colorful, filling meal.

Wraps and Sandwiches: Use whole-grain wraps or bread to turn leftovers into easy on-the-go lunches with plenty of vegetables.

Turkey Stir-Fry

Ingredients:

- 2 cups cooked leftover turkey, shredded or chopped
- 3 cups mixed vegetables (leftover roasted veggies or fresh/frozen like corn, carrots, broccoli, bell peppers)
- 2 cloves garlic, minced
- 1 tablespoon olive oil or vegetable oil
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon ginger, grated or ground
- 2 cups cooked brown rice, quinoa, or leftover starch (optional)
- Salt and pepper, to taste
- Optional toppings: sesame seeds, chopped green onions, hot sauce, cranberry sauce, gravy

Directions:

1. Chop or shred turkey and vegetables into bite-sized pieces.
2. Heat oil in a large skillet or wok over medium heat, add olive oil. Sauté garlic and ginger for 30 seconds until fragrant.
3. Add mixed vegetables and stir-fry for 3–5 minutes, until heated through and slightly tender.
4. Toss in the leftover turkey and soy sauce, cooking for another 2–3 minutes until everything is hot and well combined.
5. Spoon over cooked brown rice or quinoa for a complete meal. Sprinkle with optional toppings if desired.

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