



For Immediate Release:  
November 18, 2005

Contact: Jon Caroulis (215-951-1083)  
Office of University Communications

## **La Salle University Nutrition Teacher Shows How to Make Thanksgiving Leftovers Into New Meals Unto Themselves**

When the Thanksgiving meal is over, all the leftovers can be overwhelming -- and a little boring. But not with a little strategy, says Libby Mills, who teaches in the Nutrition Program at La Salle University. Here are her tips to turn leftover turkey, stuffing, mashed potatoes, and vegetables into scrumptious and healthy timesavers.

\* Simple turkey combos, can add a tantalizing twist to the lunch box scene. Wraps and sandwiches are easy and fun to create, and, everyone can do it! Experiment with colorful flavored tortillas—sun-dried-tomato, jalapeno, and herbed, or try a whole-wheat pita. And with turkey, anything goes—cinnamon raisin, multi-grain, rye, or corn bread.

\* Try a light spread of low-fat mayo combine with some left-over cranberry relish, or exciting spicy mustard. If spicy, savory flavors are calling, add salsa, hot sauce, or tomato sauce. Add sauerkraut to make a turkey Reuben.

\* You can combine all the leftovers in a pot with homemade turkey broth for an incredible soup. Or, create a whole new flavor. Use a low-sodium turkey, chicken or vegetable broth, combine mashed sweet potatoes, curry, a squeeze of lemon, minced garlic and fresh chopped herbs.

\*Thicken soups with leftovers mashed potatoes. The spuds will add a creamy texture and using cream would add a lot of fat.

\*Top casseroles, Sheppard's pies and potpies with leftover stuffing instead of high fat bread crumbs and butter, potato chips or pie crust.

\*Blend plain no-fat yogurt with cranberry relish for a crimson smoothie full of nutrition.

\*Create a beautiful turkey fruit salad with mandarin oranges, green grapes and blanched almonds. Toss with warmed the cranberry sauce—so that it is not a gel, and serve over a bed or field greens or spinach.

\*Toss bit-size turkey and vegetables into your favorite pasta. Serve steaming hot with your favorite red sauce. Or toss with chilled bow tie, whole-wheat penne, or macaroni and low fat Italian or Caesar dressing for cool pasta salad.

(more)

Leftovers/Add one

Add texture and flavor by substituting barley, quinoa, lentils, or beans for the pasta. Or try a Creole turkey Jambalya made with brown rice. And for a lighter version, use spaghetti squash for your signature batch of Turkey Tetrazzini.

###

Editor's Note: Libby Mills can be reached at 215-546-1231.