

FOOD

Leftovers

Thanksgiving, a meal that keeps on giving, and the same goes for the Christmas feast. Too much turkey? Mucho mashed potatoes? Can't eat any more cranberries? No problem! Try a gourmet turkey sandwich or a healthy turkey salad. Soup more your thing? We've got lots of soup recipes! Use up those cranberries in a salad or even on a turkey sandwich. Leftover mashed potatoes are great casserole toppers or make potato patties. So many options - don't let the leftovers go to waste!



Turkey Sandwich

Ingredients

- Italian or other dense, crusty white bread, warmed slightly
- Mayonnaise (not nonfat)
- Salt and freshly ground black pepper to taste
- Paper-thin slices red onion (optional)
- Leftover turkey (preferably a mix of white and dark meat), sliced
- 1/4 avocado
- 6 slices bacon, fried

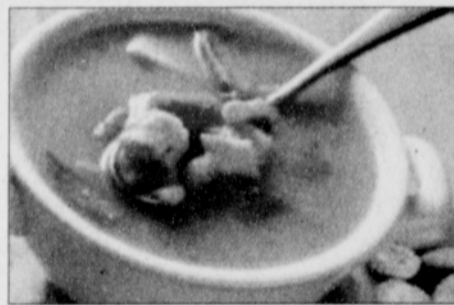
Directions

1. Using serrated knife, slice 2 pieces of bread (thick enough so it is sturdy but thin enough so it won't get in the way of all other flavors).
2. Place bread on flat surface. Slather 1 bread slice with 1 tablespoon mayonnaise. Season with salt and pepper. Scatter a couple of slices of onion over mayonnaise. Arrange sliced turkey on top of onions. Season with more salt and pepper. Press down gently. Set aside.
3. On remaining bread slice, slather more mayonnaise. Scoop avocado onto bread. Using tines of fork, gently mash avocado so it adheres to bread. Spread over bread. Season with a bit of pepper. Arrange bacon on avocado, pressing it into avocado so it sticks. Working quickly, invert bacon-topped bread onto turkey-topped bread. Press top of sandwich gently.

Caribbean Turkey Soup

Ingredients

- 4 cups turkey or chicken stock
- 2 cups chopped cooked turkey
- 1 cup orange juice
- 1 large sweet potato, peeled and diced
- 1 medium onion, chopped
- 1 green bell pepper, cored, seeded, and diced
- 1 teaspoon cider vinegar
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/4 teaspoon freshly grated nutmeg
- Salt and freshly ground pepper to taste
- Chopped cilantro (coriander leaves) for garnish
- Lime wedges for garnish



Thanksgiving dinner is over, but what to do with the leftover turkey carcass? Make soup of course! There are endless varieties to choose from, and you'll find this Caribbean Turkey Soup Recipe especially delicious. Serves 4.

Directions

Combine all ingredients in a large pot and bring to a boil over high heat. Reduce the heat to low and simmer covered until the vegetables are tender, about 20 mins. Garnish with chopped cilantro and serve with lime wedges.

Don't throw away those leftover mashed potatoes from Thanksgiving! Try some Leftover Mashed Potatoes Croquettes, or two-potato soup.

Potato Soup

Ingredients

- 1 tablespoon oil
- 1/2 onion, minced
- 1 piece (1 inch size) ginger peeled, minced
- 1/4 teaspoon turmeric
- 1/8 teaspoon coriander
- 1 cup mashed or baked sweet potatoes
- 1 cup mashed potatoes
- 2 cups chicken stock
- 1/4 cup sour cream
- Salt and pepper to taste

Directions

1. In medium saucepan, heat oil over medium heat. Add ginger, onion, turmeric, and coriander. Saute for 5 minutes until softened.
2. In a blender, add two potatoes, garlic and ginger mixture and chicken stock. Blend until smooth.
3. Return to saucepan, bring to a gentle simmer over medium high heat. Reduce heat to low, stir in sour cream and adjust seasoning to taste with salt and pepper.



Potato Croquettes

Ingredients

- leftover mashed potatoes
- shredded cheddar cheese
- egg
- bread crumbs
- oil


Directions

I don't have exact measurements, but these are great! Mix leftover mashed potatoes with some shredded cheddar cheese. Flatten into patties. Whisk egg briskly. Dip in egg and then in bread crumbs. Fry on both sides in oil until browned. Serves/makes 1

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