



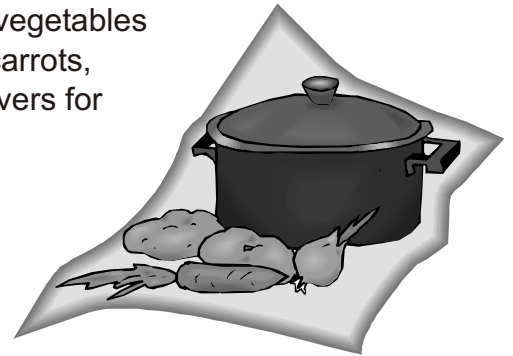
SMART SHOPPER TIPS & RECIPES

Give Yourself a Break

Don't slave over the stove this year for the holidays. Have boiled vegetables with your turkey or ham this year. Peel and boil turnip, cabbage, carrots, and potatoes all together in one big pot. You'll have plenty of leftovers for a vegetable mash the next day.

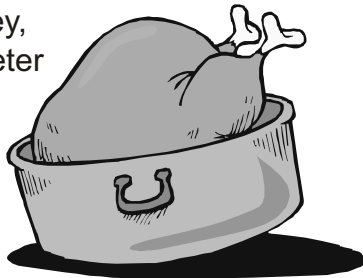
Vegetable mash

Lightly mash leftover boiled vegetables together and brown them in a frying pan with canola oil, salt, and pepper. It takes about 15 minutes.



Important Tip

When cooking a turkey, use a meat thermometer to ensure that the turkey reaches an internal temperature of at least 82°C (180°F).



Leftover Turkey Ideas

Use leftover turkey:

- on a pizza with lots of great veggie toppings
- in a vegetable soup
- in a wrap with lettuce, tomato and cucumbers
- in a favorite casserole recipe instead of beef or pork



Food Safety Leftover Facts:

- Wash your hands, cooking utensils and counter space before and after using or touching leftovers.
- Refrigerate or freeze leftovers in store bought freezer bags or in shallow containers that are freezer safe (not margarine containers). Food will cool faster in shallow containers.
- Take the large pieces of meat off the bone and split into smaller pieces before refrigerating or freezing.
- Date leftovers and make sure they are not stored too long. Eat leftovers not frozen or after taking them out of the freezer within four days.



Eating Well with Canada's Food Guide recommends eating vegetables and fruit at all meals and as snacks. Visit <www.canadasfoodguide.org>.

New Ways to Use Up Leftovers

Eating leftovers doesn't have to get boring. There are many ways to turn leftovers into a new, delicious meal. Try some of the following.

Turkey Pilaf

Ingredients

1 medium chopped onion
4 stalks celery
1 Tbsp canola oil
1 chopped green/red/orange pepper
2-3 cups diced cooked turkey
4 cups cooked rice
1 tsp ginger
1 tsp salt
1/2 tsp pepper
Parsley (to taste)

Optional ingredients include:

- currants
- raisins
- broccoli
- cauliflower
- any other vegetable you enjoy

Directions: Sauté onions and celery in oil in a large fry pan. Add all other vegetables, turkey, ginger, cooked rice, salt, pepper and a 1/2 cup of water. Continue to cook on medium heat until vegetables are tender, about 5 minutes. Remove from heat, cover and let stand 5 minutes. Toss with parsley. Makes 6 servings.

Turkey Chili

Ingredients

1 cup chopped onion
4 cups chopped vegetables, your choice
1 Tbsp canola oil
1 can tomato sauce
1 can tomatoes
1 can red kidney beans or beans of your choice, drained and rinsed
2 cups shredded or chunked cooked turkey meat
2 cloves garlic, minced or 1 tsp garlic powder
2 Tbsp chili powder
1 cup water

Some veggie suggestions:

- celery
- carrots
- peppers (green, yellow or red)
- squash
- zucchini
- corn kernels (fresh, frozen or canned)

Directions: Sauté onions, celery, peppers, carrots and other vegetables in oil in a large saucepan over medium heat for 5 minutes, stirring continuously. Add the remaining ingredients to the large saucepan and continue to cook over medium heat for 30 minutes, stirring often. Serve and enjoy.

