



Let's Talk Turkey

*What to do with
your turkey
leftovers*

Broth

Shepard's Turkey Pie

Turkey Stew

Tuscan Smoked Turkey & Bean Soup

Tasty Turkey Tetrazzini

(Adapted from USDA Mixing Bowl)



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Sedgwick County



Turkey Broth

Ingredients

- Turkey bones, bits of turkey meat and skin
- Cold water
- Small carrot, sliced
- Onion, sliced
- Garlic clove, peeled
- 2 tsp salt
- 1 bay leaf
- Celery leaves or parsley leaves, optional

Directions

Place turkey bones, meat and skin in a large stock pot. Cover with cold water. Add remaining ingredients, cover and bring to a boil. Once boiling, reduce heat and simmer for two hours. Strain broth into quart jars or smaller containers. Refrigerate until fat has come to top of container, then remove fat and discard. Store in closed container in refrigerator for 1 or 2 days. Freeze if not used within 2 days.





Shepard's Turkey Pie

Ingredients

- 2 onions, sliced
- 1 clove garlic, chopped
- 2 TBSP vegetable oil
- 4 cups turkey breast, chopped
- 1/4 cup whole wheat flour
- 2 cups chicken or turkey broth
- 2 cups low sodium carrots, canned & drained
- 2 cups low sodium tomatoes, canned & drained
- 1/2 tsp rosemary, optional
- 6 potatoes (baked, peeled & mashed)

Directions

In a large saucepan, over medium heat, cook onions and garlic in one tablespoon of oil for 5 minutes. Add turkey. Sprinkle in flour and stir to blend. Add broth, carrots and tomatoes. If using rosemary, add that too. Cook over medium heat until thickened. Oil casserole dish with remaining oil and pour in mixture. Spread potatoes over the top. Bake in oven at 375 degrees for 20 to 30 minutes or until browned. Serves 8.

Nutrition Information 1 serving

Calories 447
Total Fat 15 g
Saturated Fat 1 g
Cholesterol 93 mg
Sodium 358 mg
Total Carbohydrate 26 g
Dietary Fiber 3 g
Total sugars 6 g
Protein 38 g
Calcium 101 mg
Iron 5 mg
Potassium 1117 mg





Turkey Stew

Ingredients

- 2 tsp vegetable oil
- 1/2 cup onion, chopped
- 1 garlic clove, finely chopped or 1/2 tsp garlic powder
- 4 carrots, chopped
- 2 celery stalks, chopped
- 2 potatoes, chopped
- 1 can tomatoes, diced
- 2 cups water
- 2 cups turkey (cooked & chopped)
- salt & pepper
- Italian seasoning or oregano, basil or thyme (optional to taste)


Directions

Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir for 2 minutes. Add potatoes, tomatoes and water to pan. Bring to a boil, lower heat and simmer for 30 minutes or until vegetables are tender. Add turkey and cook another 5 minutes or until heated. Season to taste before serving. Refrigerate leftovers. Serves 4

Nutrition Information 1 serving

Calories 270
Total Fat 8 g
Saturated Fat 2 g
Cholesterol 60 mg
Sodium 370 mg
Total Carbohydrate 28 g
Dietary Fiber 5 g
Total sugars 7 g
Protein 23 g





Tuscan Smoked Turkey and Bean Soup

Ingredients

- 1/3 cup onion, diced
- 1/3 cup celery, diced
- 1/3 cup carrots, peeled & diced
- 1 1/2 cups kale, chopped
- 2 1/4 tsp canned low sodium tomato paste
- 1 Tbsp garlic, minced
- 4 1/4 cups low sodium chicken stock
- 1 3/4 cups canned low sodium navy beans, drained & rinsed
- 1/2 tsp salt
- 6 dashes pepper
- 5 oz smoked turkey breast
- 2 tsp fresh thyme
- 2/3 Tbsp fresh basil
- 2/3 Tbsp fresh parsley

Directions

Place onions, celery, carrots, kale, tomato paste and garlic in a large pot coated with nonstick cooking spray. Cook over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent. Add chicken stock, beans, salt and pepper. Reduce temperature to low, cover and simmer for 20 minutes. Stir occasionally. Add turkey, thyme, basil and parsley, Stir well. Simmer 10 more minutes. Serves 6.

Nutrition Information 1 serving

Calories 270
Total Fat 8 g
Saturated Fat 2 g
Cholesterol 60 mg
Sodium 370 mg
Total Carbohydrate 28 g
Dietary Fiber 5 g
Total sugars 7 g
Protein 23 g



Tasty Turkey Tetrazzini

Ingredients

- 8 oz whole wheat fettuccine, spaghetti, macaroni or other noodles
- 4 Tbsp light butter, unsalted
- 2 cups mushrooms, sliced
- 1 tsp dried thyme
- 1/2 cup flour
- 2 cups reduced-sodium chicken broth
- 1 1/2 cups skim milk
- 4 cups chopped cooked turkey
- 1 cup frozen peas
- 2 Tbsp grated Parmesan

Directions

Preheat oven to 400 degrees. Lightly grease 9 x 9 baking dish. Cook pasta in a large pot of boiling water until tender. Check cooking time for pasta and remove approximately 2 minutes early. While pasta is cooking, melt butter in a saucepan over medium heat. Add mushrooms and thyme. Stir and cook until mushrooms are softened. Stir in flour until well blended. Start with 1/3 cup add more if needed. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat and simmer until thickened. Add turkey, toasted almonds, frozen peas and cooked pasta. Gently mix and pour into baking dish. Sprinkle with Parmesan cheese and bake until bubbly and golden brown, 25-35 minutes. Let cool 15 minutes before serving. Serves 8.

Nutrition Information 1 serving

Calories 270
Total Fat 8 g
Saturated Fat 2 g
Cholesterol 60 mg
Sodium 370 mg
Total Carbohydrate 28 g
Dietary Fiber 5 g
Total sugars 7 g
Protein 23 g





Turkey Pinwheel Appetizers

Ingredients

- 8 oz cream cheese, low fat (garlic and herb opt)
- 6 flour tortillas, 8 inch
- 6 slices turkey, low sodium, 6 oz
- 3 Roma tomatoes, medium chopped
- 3 cups fresh baby spinach leaves

Directions

Place tortillas on microwaveable plate or papertowel; microwave uncovered on HIGH 10 - 15 seconds to soften. Spread about 2 tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 -3 hours to blend flavors. Cut each roll into eight 1 inch slices. Arrange with cut side down on serving plate. 16 servings

Nutrition Information 1 serving

Calories 100
Total Fat 4 g
Saturated Fat 2 g
Cholesterol 15 mg
Sodium 340 mg
Total Carbohydrate 13 g
Dietary Fiber 1 g
Total sugars 3 g
Protein 4 g





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