



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Prepare for Holiday Meals so Nothing Goes to Waste!

For too many years, my family (and probably yours) have wasted food from the holiday meal. We cook too much for the number of dinner guests. Then, there are too many leftovers to use before foods go bad. Raise your hand if you get bored with leftovers just warmed up! As you gather recipes for your Thanksgiving menu, go one step further and find ideas to use leftovers in a different way.

That's a goal I'm setting for my family this holiday season!



Look for recipes featuring ground turkey, but swap in leftover diced turkey. It'll shorten your cook time and change up the flavor so you don't feel like you're eating boring leftovers! This taco salad bowl only takes 20-25 minutes from start to finish. What other dishes do you prepare to upcycle your leftovers?

Turkey Taco Salad

Ingredients:

- 4 (10-inch) burrito flour tortillas
- Nonstick cooking spray
- 1 lb. ground turkey breast (or 2 cups diced, cooked turkey)
- 3/4 cup enchilada sauce plus additional for serving (optional)
- 1 bag (11.5 ounces) Southwest chopped salad kit
- 1 avocado, peeled, pitted and chopped



Directions:

1. Preheat oven to 400°; turn 4 (20-ounce) ramekins upside-down on rimmed baking pan. Spray both sides of tortillas with cooking spray; lay over ramekins, pressing sides of tortillas down around ramekins. Bake tortillas 12 minutes or until golden brown and crisp; let stand 5 minutes.
2. In large skillet, cook turkey over medium-high heat 5 minutes or until browned, breaking up turkey with side of spoon. If using pre-cooked turkey, reheat in the skillet for 3-5 minutes. Stir in enchilada sauce and cook 2 minutes, stirring frequently. Makes about 2-1/2 cups.
3. In large bowl, prepare salad kit as label directs; serve in tortilla bowls topped with turkey, avocado and enchilada sauce, if desired.