

SENIOR NUTRITION NEWS



Eat Smart Idaho

November 2025

Making the Most of Thanksgiving Leftovers

One thing Thanksgiving is known for is leftover food. This can save you stress and money at future meals as long as you handle them safely. To safely use leftovers follow these tips:

- Remove meat from the bone. Cut it into small pieces and store in shallow containers in the refrigerator or freezer.
- Use all leftovers within 4 days or freeze for later use.
- Reheat leftovers to 165°F, or until hot and steaming.



Get creative and turn your leftovers into one of these low-cost meals:

- **Soup:** Add 2 cups of chopped meat, 4 cups of chopped vegetables and 2 cups cooked brown rice to 3 cans low-sodium broth. Simmer until veggies are done and flavors are blended. Add parsley, bay leaves or garlic for extra flavor.
- **Salads:** Add leftover meat or roasted vegetables to any green, pasta or rice salad. Almonds, dried cranberries, chopped broccoli, peppers, onions, carrots and celery are all great additions to any salad.
- **Sandwiches:** Layer leftover meat and veggies. Lettuce, spinach, tomatoes, peppers, shredded carrots, cranberry sauce, and apple slices are all tasty sandwich toppings. Instead of bread, try a whole wheat pita or tortilla.
- **Casseroles:** Layer leftovers (for example, turkey, stuffing, mashed potatoes, vegetables and gravy) in a casserole dish. Cover and bake at 325°F for 30 to 40 minutes, or until vegetables are tender.
- **Skillet meals:** Add chopped meat to sautéed onion, mushrooms, and broccoli. Serve with rice or pasta and top with shredded parmesan cheese.
- **Breakfast:** Add meat or vegetables to scrambled eggs, quiche, or omelets.
- **Tex-Mex dishes:** Add leftover meat to burritos, enchiladas and tacos.



Turkey Cranberry Pinwheels

1 package low-fat cream cheese (8 ounces)
6 slices cooked turkey breast
3 cups fresh baby spinach leaves

6 whole wheat tortillas, 8-inch
1 can cranberry sauce (14 oz)



1. Wash spinach and strain in a colander. Chop roughly.
2. Microwave tortilla for 10-15 seconds.
3. Spread 2 Tablespoons of the cream cheese over each tortilla. Top with a slice of turkey, some cranberry sauce, and spinach.
4. Roll up tightly, then wrap in plastic wrap. Refrigerate 2-3 hours to blend the flavors. Cut each roll into eight 1-inch slices and serve.

Healthy Tip: Boost flavor by using a garlic and herb flavored cream cheese.

Spicy Pumpkin Shake

1/4 cup canned pumpkin (NOT canned pumpkin pie MIX)
1/3 cup nonfat milk
1 cup low-fat frozen vanilla yogurt
1/4 teaspoon pumpkin pie spice



Add all ingredients to a blender. Cover and blend on high until smooth. If desired, garnish with a dash of pumpkin pie spice.

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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Sources: <https://extension.umn.edu/save-money-food/holiday-food-budget>; <https://www.bryanhealth.com/app/files/public/4678ef2e-c23c-4fa2-8add-219de5c703e1/five-ingredient-recipes.pdf> retrieved 10/27/25

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