

Food Safety and Leftovers

With a little planning, meals with leftover turkey can be as tasty as your original meal.

Part of the pleasure of a Thanksgiving or other holiday meal is the aroma of a turkey baking in your oven. Continue that great feeling by planning a variety of pleasing post-holiday meals with leftover turkey.

Turkey makes a great first meal plus delicious leftovers that are easy to combine into a variety of scrumptious future meals. Try turkey year round and think "planned-overs" rather than "leftovers" to "cook it quick" with turkey.

Follow these food safety guidelines for handling your turkey leftovers safely:

Debone turkey and refrigerate all leftovers in shallow containers within 2 hours of cooking.

Use leftover turkey within 3 to 4 days, stuffing and gravy within 1 to 2 days, or freeze these foods.

When reheating turkey, reheat thoroughly to a temperature of 165° F until hot and steaming throughout.

4-Day Throw Away Campaign and App.

Learn more about leftover safety and how to protect yourself and your family from bad leftovers. <http://www.4daythrowaway.org/>



Try these recipes featuring pumpkin five different ways to add more vitamin A and dietary fiber to your menus:

- **The Grab and Go Breakfast:** [Cranberry Pumpkin Muffins](#)
Bake up these muffins the night before and enjoy them with a glass of low-fat or fat-free milk for a delicious start to your day!
- **The Refreshing Beverage:** [Pumpkin Smoothie](#)
Drink up the MyPlate way! One serving of this smoothie gives you 1/4 cup from the Vegetable Group, 1/4 cup from the Fruit Group, and 1/2 cup from the Dairy Group.
- **The Simple Weeknight Dinner:** [Pumpkin and White Bean Soup](#)
Mashed beans plus pumpkin make this soup unique. Cook up a quick batch to enjoy on a busy weeknight.
- **The Sweet Treat:** [Pumpkin Pudding](#)
Looking for a new dessert? Serve this pudding in small, festive cups for a great party treat.
- **The Fun Family Breakfast:** [Perfect Pumpkin Pancakes](#)
Fall weekends are full of activities and events. Start out your day together with a delicious breakfast! Kids can help to measure and mix the ingredients in this simple recipe.

