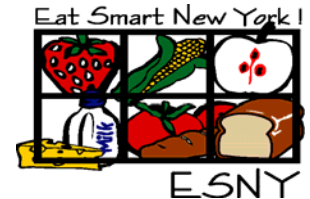




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## **PLANNED OVERS**

**Leftovers are usually not the answer most family members want to hear in response to the age old question of “What’s for dinner?” But leftovers don’t have to be boring or blah! In fact with a little help they can be downright delicious, nutritious and not even be recognized as last night’s supper. What we really want to call them is “planned overs”- not a mistake, but our intentional thought/plan to make more than will be eaten at one meal for use at another meal.**

**They can be helpful in preparing quick home cooked meals on busy nights (part of the meal preparation is already done) instead of more expensive, less healthy fast foods, or they can be a great lunch for work or school the next day, or you can save them for freezing and using at a later date.**

**Here are some recipes and tips to get you started using leftovers, oh excuse me! planned overs, but don’t stop there---be creative, try new things and see what works best for your family and lifestyle.**

### **TIPS FOR USING LEFTOVERS**

- Use leftovers in a totally different way from the original meal and vary the way you use them. For example, don’t always use leftover roast beef in beef stew or leftover chicken in chicken salad. Try some new recipes and don’t be so predictable.
- Look for new recipes that use foods you often have left over. Some foods are more versatile than others, but try to use it before it spoils.
- Use planned overs to make efficient use of large meat cuts and other foods that come in large packages. Roast a chicken, turkey, roast beef or ham and slice some for eating now. The rest can be cut in meal size portions, put in containers or wrapped in freezer wrap and stored in the freezer for later use in soups, stews, casseroles, stir frys, or salads.
- Safety tip- Be sure to refrigerate leftover foods promptly. Use them within a day or two or else store in freezer. Freezing stops the growth of harmful bacteria but does not kill it, so when you reheat foods be sure to reheat thoroughly to about 165 degrees to prevent any food borne illness.
- Save leftover vegetables (canned, frozen or fresh) and the liquid in which they were cooked, in a plastic container in the freezer. Just add to it each time you have some leftovers and when you make any type of potluck soup throw the veggies in.
- Any type of meat can be chopped up and added to a gravy or sauce with or without vegetables and served over rice, pasta, noodles or bread for a tasty meal. See sauce and gravy recipes that follow or you can use store bought varieties (try to use lowfat types).

- Waffle, pancake and fritter batter combine well with meat, fish or vegetables. Add 3/4 to 1 cup of finely chopped or ground leftover food to batter and cook. Serve with cream sauce or gravy.
- Any time you make tomato sauce with meatballs or sausage, stew or chili, make an extra portion and freeze for another meal or two. Meat balls can be seasoned, shaped, cooked in the microwave and frozen for later use in a ziplock freezer bag. Pop a few out to defrost & heat up for subs or sandwiches when you don't have time to cook.
- Save leftover rice, pasta or vegetables in plastic bags in the freezer and add to canned soups to zip them up a bit.
- Save leftover mashed potatoes- add some chopped onion (if you like the taste) and shape into flat patties, dip into cornmeal or bread crumbs or just leave them plain and place in freezer. You can then panfry them in small amount of oil until golden brown to make great hash browns.
- Anytime you want to freeze foods individually for ease in defrosting 1 or 2 at a time, place the food on a cookie sheet in the freezer. When the foods are frozen solid, usually within a few hours, place into a ziplock freezer bag and they will remain individually frozen for your convenience (better than trying to chip 1 hamburger off the glacial like mass of meat in the freezer!). Be sure not to leave the food uncovered on the cookie tray too long or it will start to get freezer burned and lose its quality.

### **How long can I keep leftovers in the refrigerator?**

**For food safety reasons, don't store leftovers like casseroles, soups and stews for more than 2-3 days in your refrigerator. If you'd like to save the food for a longer time, be sure to put it in the freezer.**



### **SAUCES FOR USE IN DISHES:**

#### **White Sauce**

2 Tbsp butter

2 Tbsp flour

¼ tsp salt (optional)

1 cup milk

Heat butter until bubbly. Blend flour until smooth. Slowly add milk, stirring constantly. Bring to a boil and cook until thick and smooth. Add salt if desired. (If lumping has been a problem, use a wire whisk.)

#### **Cheese Sauce**

Add one cup grated cheese of your choice to white sauce.

#### **Onion Sauce**

Brown ½ cup chopped onion and add to white sauce.



## Make your own Casserole

Casseroles can turn leftovers or planned overs into family favorites! Select foods from each category or use your own favorites. Combine in a greased 9x13 or 2 quart casserole dish. Cover and bake at 350° F for about 1 hour or microwave using 50% power for about 15 to 30 minutes, rotating or stirring as necessary. Heat until steaming hot (165° F) throughout. Makes 6 servings.

### STARCH – Select ONE:

- 2 cups uncooked pasta ( macaroni, penne, spiral, bow tie, etc) COOKED
- 1 cup uncooked long-grain white or brown rice, COOKED
- 4 cups uncooked noodles, COOKED

### PROTEIN – Select ONE:

- 2 cups cooked ground beef
- 2 cups cooked and diced chicken, turkey, ham, beef or pork
- 2 cups chopped hard cooked egg
- 2 (6-8oz) cans tuna fish, salmon or seafood, flaked
- 2 cups cooked dry or canned bean (kidney, black ,etc)



### VEGETABLE – Select ONE:

- 1 (10 oz) package thawed and drained frozen spinach, broccoli, peas, etc
- 1 (16 oz) can drained, green beans, peas, carrots, corn, etc
- 2 cups sliced fresh vegetables- zucchini, tomatoes, broccoli, etc

### SAUCE – Select ONE:

- 2 cups white sauce or 1 can sauce type soup (mushroom, celery, cheese, tomato, etc)
- 1 (16 oz) can diced tomatoes with juice

### FLAVOR – Select ONE or MORE:

- 2 cups chopped celery, ¼ cup chopped onion, ¼ cup sliced black olives
- 1-2 tsp mixed dried leaf herbs (basil, thyme, marjoram, tarragon, etc)
- Salt and pepper to taste

### TOPPING – Select ONE or MORE:

If desired, after heating, place on top:

- 2 Tbsp Parmesan cheese
- ¼ cup buttered bread crumbs
- ¼ cup shredded cheese (any type)
- ¼-½ cup canned fried onion rings

Return casserole, with toppings, uncovered, to oven for about 10 minutes or to microwave for about 2 minutes.

**TURKEY** is the leftover cook's dream dish. It keeps well, reheats well, and tastes good served cold. Turkeys weigh up to 20 pounds or more, are easy to cook and almost always yield a generous supply of planover meals. What goes for turkey goes on a smaller scale for chicken.

## **MAKE THIS:**

### **Roast Turkey with Stuffing and Giblet Gravy**

12 pound turkey, defrosted  
3 Tbsp cooking oil  
½ tsp salt (optional)  
½ tsp pepper

Preheat oven to 325°. Remove giblets packed in the two cavities, and reserve. Wipe turkey with a damp cloth and fill cavities with the stuffing, leaving room for the bread to swell. Turn the wings under the breast and place into a 16 x 10 ½ roasting pan. Rub turkey with oil, salt and pepper and place pan onto center rack of oven. Cook 20 to 25 minutes per pound.

Turkey is done when the juice runs clear – not pink – when pierced with a fork between second joint and body. Remove turkey when done to a heated platter and allow to stand ½ hour for easier carving.

**Giblets:** Put into a 2 quart saucepan with enough water to cover. Season with ½ tsp salt and bring to a simmer. Cook 1 hour, removing liver after 20 minutes. Chop for the gravy.

#### **Stuffing:**

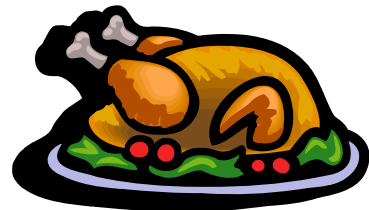
¼ lb butter	½ tsp pepper
1 onion, chopped	1 tsp dried sage
2 stalks celery, chopped	2 tsp chopped parsley
1- 1lb loaf bread, cut into small cubes	

Melt the butter over low heat in a 2 quart dutch oven. Add onion and celery and cook until transparent. Add bread cubes, salt, pepper, sage and parsley. Stir well so that butter is distributed. Bake at 325° until top is browned and stuffing is heating through.

#### **Gravy:**

Liquid from giblets, plus enough water to make 4 cups  
½ tsp salt (optional)  
¼ tsp pepper  
½ cup flour

Pour off all but 4 Tbsp fat from top of roasting pan juices. Add flour, salt and pepper, and stir over low heat until light brown. Pour the liquid into the pan gradually, stirring constantly to prevent lumping. Add giblets. Stir until thick and pour into gravy boat.



## **SAVE SOME TURKEY FOR THESE:**

### **Turkey Chow Mein**

1 green pepper, cut in strips	1/8 tsp pepper
2 cups celery, cut in strips	3 Tbsp corn starch
1 cup thinly sliced onion	3 cups cooked turkey, cut in pieces
1 cup sliced mushrooms	3 Tbsp soy sauce
4 Tbsp margarine	1 (no 2) can bean sprouts
2 cups turkey stock	2 cans chow mein noodles
1 tsp salt (optional)	

Brown peppers, onions, celery, and mushrooms in margarine. Add stock, salt and pepper and bring to boil. Mix corn starch with small amount of water to form smooth paste. Add to liquid and stir until smooth. When thickened, add turkey. Stir in soy sauce, then add bean sprouts. Heat thoroughly. Serve over chow mein noodles.

Makes 8 servings.

Nutrition Info: 470 calories, 22g fat, 6g fiber, 890mg sodium

### **Turkey or Chicken Hash**

3 cups turkey, diced	1/2 tsp salt (optional)
2 cups raw potatoes, diced	1/8 tsp pepper
1 1/2 cups milk	4 slices toast, buttered
1 Tbsp butter	

Put turkey, potatoes, and milk into a pan over low heat. Bring to a boil and cook about 15 minutes or until thickened. Add butter, salt and pepper. Stir gently. Serve on buttered toast.

Makes 4 servings.

Nutrition Info: 457 calories, 21g fat, 4g fiber, 319mg sodium

### **Turkey or Chicken Tetrazzini**

4 Tbsp butter	1/4 lb spaghetti, cooked
6 Tbsp flour	4 large slices leftover chicken or turkey breast
1 tsp salt (optional)	1/2 cup sliced cooked mushrooms
1/4 tsp pepper	2 Tbsp butter
2 cups canned low sodium chicken broth	few grains nutmeg
1/3 cup light cream	1/2 cup grated Italian cheese

Preheat oven to 400°. Melt the butter over low heat, stir in the flour, salt and pepper and then the broth. Boil 2 minutes, stirring until you get a thick sauce. Remove from heat and stir in the cream. Put the spaghetti into a buttered shallow baking dish, pour half the sauce over it, arrange the chicken/turkey and mushrooms on top and cover with the rest of the sauce. Dot with pieces of butter, sprinkle on the nutmeg and the cheese and bake until brown on top.

Makes 4 servings.

Nutrition Info: 417 calories, 19g fat, <1g fiber, 480mg sodium

## Turkey or Chicken Gumbo

2 Tbsp butter	1 cup tomatoes
2 cups cold leftover turkey/chicken, diced	1 bay leaf
2 slices leftover ham, diced	1 red pepper pod
1 small onion, chopped	1 tsp salt (optional)
1 sprig parsley	1/8 tsp cayenne pepper (optional)
1 (2 oz) package frozen okra	6 cups low sodium chicken broth or water
1/2 tsp thyme	

Cook turkey and ham in the butter over low heat a few minutes. Add onion, parsley and thyme. Stir. Add okra and fry until brown. Add the tomatoes, bay leaf, pepper pod, salt, cayenne and broth or water. Simmer gently until ready to serve. Serve over hot boiled rice. Makes 6 servings.

Nutrition Info: 191 calories, 12g fat, <1g fiber, 304 mg sodium

## MAKE THIS:

### Yankee Pot Roast of Beef

5 lbs chuck, bottom round, or rump boned, rolled and tied	2 medium onions, sliced
2 Tbsp flour	1 1/2 cups water, tomato juice, beef broth or a combination
2 tsp salt (optional)	1 bay leaf
1 tsp pepper	1 tsp thyme
1/2 tsp sugar	minced parsley
2 Tbsp cooking oil	

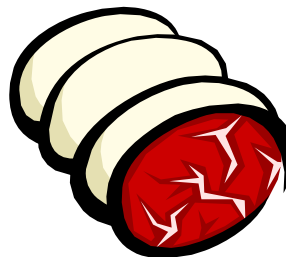
Mix together the flour, salt, pepper and sugar (for browning), and rub into the surface of the beef. Heat the oil in a deep heavy pan and brown the beef on all sides over medium high heat. Lower the heat, add the onions, brown a little, then add the liquid, bay leaf and thyme. Cover and cook very slowly 3 to 4 hours or until meat is fork tender. Add more liquid from time to time as needed. Transfer the meat to a heated platter and keep warm.

Meanwhile cool the gravy (immerse pot in cold water) and skim the fat. Pour half the gravy into a bowl, seal and refrigerate for another day. Heat the remaining gravy; if not thick enough stir 2 Tbsp flour into 1/4 cup water, then add to gravy and bring to a boil. Check seasonings and pour into a gravy boat.

Serve the pot roast, garnished with parsley and thinly sliced, with boiled potatoes and carrots. Gravy is served on the side.

Makes 10-12 servings.

Nutrition Info: 530 calories, 22g fat, <1g fiber,  
359mg sodium



## **SAVE SOME BEEF FOR THESE:**

### **Pot Roast Pot Pie**

3 cups pot roast cut in chunks  
gravy and/or broth to make two cups  
1 cup carrots, diced

1 (8 oz) can onions with liquid  
½ cup peas  
2 (10 inch) prepared pie crusts

Preheat oven to 400°. Line a 10 inch pie pan or oven dish with one of the pie crusts. Mix the pot roast, gravy and vegetables and put the mixture in the oven dish. Cover the pie with the other crust. Cut 3 steam vents in top crust and bake in oven until brown and bubbling.

Makes 6 servings

Nutrition Info: 476 calories, 25g fat, 3g fiber, 989mg sodium

### **Beef Italian**

2 Tbsp vegetable oil  
1 clove garlic, chopped  
1 onion, thinly sliced  
4 tomatoes sliced, or 1 (16 oz) can  
tomatoes  
½ tsp sugar

½ tsp salt (optional)  
¼ tsp pepper  
12 slices, thinly sliced beef  
½ cup low sodium broth or water

Sauté onion and garlic in oil until golden brown. Add tomatoes, sugar, salt and pepper and then broth. Simmer until thickened. Add the meat, a few minutes before serving just to heat through.

This beef recipe can be made with 1 (16 oz) jar of Italian meat sauce instead of making the above sauce.

Makes 4 servings

Nutrition Info: 269 calories, 12g fat, 2g fiber, 155mg sodium

### **Sautéed Beef with Mustard Sauce**

2 Tbsp butter  
2 cups beef slices or cubes  
½ cup light sour cream  
½ tsp dry mustard

juice of ½ lemon  
¼ tsp salt (optional)  
⅛ tsp pepper

Sauté beef in butter, put on a warm platter. To the butter remaining in the pan, add the cream, lemon juice, salt and pepper; stir. Return meat to sauce and heat. Serve on toast or noodles.

Makes 4 servings

Nutrition Info: 280 calories, 16g fat, 0g fiber, 124mg sodium

## **MAKE THIS:**

### **Roast Loin of Pork**

A loin of pork, whole or loin end, with  
backbone cut for easier carving  
thyme  
freshly ground pepper  
salt (optional)  
garlic clove (optional)

Preheat oven to 325°. Rub the meat well with a mixture of thyme, pepper, salt and garlic. Place on a roasting pan rack, flesh side up, and cook without basting for 24 minutes per pound.

Makes 1 serving per pound.

## **SAVE SOME PORK FOR THESE:**

### **Chinese Style Sweet and Sour Pork**

2 cups cooked cold pork, cubed with fat removed	2 carrots, julienned (thin strips)
4 Tbsp soy sauce	2 tsp cornstarch
3 Tbsp brown sugar	¼ cup flour
½ cup vinegar	4 Tbsp water
1 cup chicken consommé	1 egg
2 green peppers, seeded and cut into 1-inch squares	2 Tbsp cooking oil
1 cup canned pineapple chunks, drained	



Marinate the pork cubes in 3 Tbsp soy sauce for 2 hours, stirring from time to time.

#### **The Sauce:**

Put the sugar, vinegar and consommé into a small saucepan with 1 Tbsp soy sauce, bring to a boil and cook until reduced to about half. Add the peppers, pineapple and carrots. Cook about 5 minutes. Make a paste with the cornstarch and a little cold water, stir into the sauce and cook a minute or so until sauce is thickened and translucent. Set aside.

#### **The Meat:**

Using a small bowl, combine the flour, water and egg. Beat until smooth, add the pork and its marinade to the batter, stir until meat is well coated. Sauté in oil.

Serve in a bowl with the hot sauce poured on top.

Makes 4 servings

Nutrition Info: 334 calories, 13g fat, 3g fiber, 1618mg sodium

## Chinese Fried Rice with Pork

½ cup peanut oil (or other cooking oil)	2 Tbsp soy sauce
4 cups leftover boiled rice	2 eggs, lightly beaten
2 cups leftover cooked pork, finely chopped	¼ cup finely chopped scallions

Heat the oil in a heavy skillet to the smoking point, add the rice and stir-fry for about 6 minutes. Add the pork, and cook for 5 minutes longer, then stir in the soy sauce. Turn up the heat, pour the beaten eggs gradually into the hot mixture stirring vigorously so that the eggs cook and blend in with the rice. Sprinkle in the scallions and serve.

Makes 4 servings

Nutrition Info: 598 calories, 35g fat, <1g fiber, 731mg sodium

## SOME OTHER RECIPES UTILIZING PLANNED OVERS:

### Potato and Apple Salad

3 medium boiled potatoes, peeled and diced	1 Tbsp lemon juice
2 medium crisp apples, cored and diced	1 tsp salt (optional)
4 celery stalks, diced	½ tsp freshly ground black pepper
2 Tbsp minced chives	lettuce
4 Tbsp mayonnaise	



Combine all ingredients (except lettuce). Blend well. Chill. Serve on crisp lettuce leaves.

Makes 6 servings

Nutrition Info: 154 calories, 7g fat, 4g fiber, 78mg sodium

### Pan Fried Noodles

2 cups cooked flat noodles	½ tsp salt (optional)
4 eggs	½ cup crumbled soft reduced fat cheddar cheese
2 Tbsp minced chives	8 Tbsp margarine
3 Tbsp light cream	

Plunge noodles into boiling water. Allow to return to a full boil. Remove noodles from heat immediately and drain. Beat the eggs with the chives, cream and salt. Combine with the noodles and crumbled cheese. Heat 6 Tbsp of margarine in a heavy skillet. Add the noodle mixture and cook without stirring until underside is lightly browned. Place a large flat plate over the skillet, invert and turn the noodles out in one piece. Add the remaining margarine to the skillet, let it melt, then slide the noodles, moist side down, back into the skillet. Cook until second side is browned. Turn out, cut into pie-shaped wedges, and serve.

Makes 4-6 servings

Nutrition Info: 330 calories, 25g fat, <1g fiber, 390mg sodium

## **Fruit Kugel**

3 eggs, separated  
1/3 cup brown sugar  
1/4 tsp cinnamon  
1/8 tsp nutmeg  
3 cups cooked broad noodles  
1/2 cup seedless white raisins

1 tart apple, cored, peeled and chopped  
1/2 cup chopped walnuts  
4 Tbsp melted butter

Beat the egg yolks with sugar until fluffy. Add the cinnamon and nutmeg, blend and add the noodles, raisins, apple, walnuts and melted butter. Beat the egg whites until stiff and fold into the noodle mixture. Transfer to a well-buttered deep baking dish. Bake in a preheated 375° oven for 45 to 50 minutes. Serve plain or with fruit sauce.

Makes 6 servings

Nutrition Info: 355 calories, 15g fat, 3g fiber, 137mg sodium

## **Broiled “Over-Ripe” Banana Dessert**

2 large bananas  
3 egg whites  
Lemon juice

6 Tbsp sugar  
butter



Peel and slice bananas lengthwise. Place in a shallow baking dish. Sprinkle with lemon juice and sugar. Dot with slivers of butter. Bake bananas in a 350° oven until cooked, but still firm, about 20 minutes. Beat egg white until stiff, fold in sugar (2 Tbsp sugar to each egg white). Spread meringue over bananas, covering completely. Place in preheated 450° oven until meringue is lightly browned.

Makes 4 servings

Nutrition Info: 167 calories, 3g fat, 2g fiber, 77mg sodium

## **Pumpkin Fluff Dip**

1 (16 oz) container frozen whipped topping, thawed  
1 (5 oz) package instant vanilla pudding mix  
1 (15 oz) can solid pack pumpkin  
1 tsp pumpkin pie spice

In a large bowl, mix together instant vanilla pudding mix, pumpkin and pumpkin pie spice. Fold in the thawed frozen whipped topping. Chill in the refrigerator until serving. Serve with graham crackers.

Nutrition info: calories 60, fat 2.5g, fiber 5g, sodium 64mgs



