

Cent\$ible Nutrition News

Helping Families Eat Better for Less

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Planning for Leftovers

WHAT ARE PLANNED-OVERS?

A holiday meal is a special occasion, usually full of foods we do not eat every day. With a little planning, leftovers, or planned-overs, from the holiday meal can last several meals.

A planned-over is a leftover from a meal that you plan to use in a future meal. The holidays are a great time to think about planned-overs because holiday meals often result in many leftovers. By planning ahead to use your leftovers, you can save time and money without letting any food go to waste.

Soups, casseroles, enchiladas, and more are possible with holiday leftovers. Before cooking your holiday meal, think about if you will have leftovers and how you might use them. If you want leftovers, plan for them by making a little extra during your holiday meal preparations. This might include cooking a slightly larger turkey, making a few more mashed potatoes, or having an extra can of green beans on hand.

IDEAS FOR PLANNED-OVERS

Leftover turkey

- Turkey pot pie (use turkey, green beans/other vegetables)
- Shepherd's pie (use turkey, green beans/other vegetables, mashed potatoes or mashed sweet potatoes)
- Turkey noodle soup (use turkey; soup freezes well for meals later)
- Turkey enchiladas
- Turkey rice casserole

Leftover sides

- Sweet Potato & Black Bean Burritos (use sweet potatoes or canned yams- drained and rinsed, if in syrup)
- Salmon Croquettes (use mashed potatoes)

All of these recipes are available to you through the Cent\$ible Nutrition Program! Contact your local educator to learn more.

Food Safety & Planned-Overs

Keeping food safe is key to enjoying planned-overs. Remember these tips as you cook, enjoy, and put away your holiday meals.

- Cook all poultry, leftovers, and casseroles to 165°F.
- Keep food out of the 40°F-140°F temperature range.
- Refrigerate leftovers within 2 hours.
- Set refrigerator temperature to 40°F and freezer to 0°F.
- Store leftovers in shallow containers so they cool quickly.
- Leftovers are generally good for 4 days in the refrigerator.
- Freeze leftovers that you cannot use in 4 days.
- Frozen leftovers are generally good for 2-4 months.

Join the Cent\$ible Nutrition Program!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Due to Coronavirus, we are now offering our classes online! Find out more at: <https://uwyo.cnpp.org/cnp-online-classes/>.

Holiday Turkey

Need help cooking a turkey this holiday season? Visit [Turkey Talk](#) to learn how to safely thaw and cook your turkey.



Baked Sweet Potatoes with Cinnamon

Ingredients

- 1 sweet potato
- 2 teaspoons cinnamon

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Preheat oven to 425°F.
3. Wash sweet potato and peel.
4. Dice sweet potato. Sprinkle with cinnamon.
5. Place on a baking sheet and bake for 45-50 minutes or until soft.

Makes 2 servings

Every month CNP focuses on a different food. This month, CNP is sharing sweet potato facts, recipes, and more. Check out [In the Kitchen](#) with CNP to learn more!



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