

## COOKING WITH CHEF LIA

## Lovely Leftovers

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When it comes to eating during the holidays, chances are you will find yourself with some kind of leftovers. This is actually a good thing. There are so many different

meals you can put together depending upon what is left over from your holiday dinner.

Turkey leftovers are the easiest to work with and this is usually what you end up with the most. (I've never seen much stuffing left over after meals, have you?) Roast turkey, and roast chicken, for that matter, is a blank slate for almost any type of preparation -- be it a salad, sandwich filling or main course. All you have to do is be creative in researching recipes that look for already cooked poultry and be sure you package the leftover meat properly. *Note: At the end of this article, I've found a few good recipes to get you started.*

Packaging leftover poultry is pretty simple. It's best if you remove the skin and take the meat off the bones. Undoubtedly, you will end up with much more dark meat than light. That's okay. The recipes below can use either. Once you remove the meat, be sure to store it in a tightly sealed container. You might end up with large and small pieces of meat, and that's okay too. Just refer to the recipe you decide to make to see whether the meat should be diced, chopped, shredded, etc.

As far as containers go, I prefer to use a plastic container with lid. If you don't have much room in the refrigerator, plastic storage bags are a great option. Either way, be sure the container or bag is sealed and you remove as much of the air as possible. It doesn't matter if you have large or small pieces of meat. If you are not going to use

the leftover meat any time soon, you might want to package it for the freezer. In this case, I would wrap the meat tightly in plastic wrap or foil and then place it in a freezer safe storage bag. Again, try to remove as much air as possible. When you are going to use the meat, place it in the refrigerator the day before to defrost. If you try to defrost in the microwave, it will overcook.

I've combed the Web to bring to you two easy recipes that will inspire you to purposely create leftovers just so you can savor these turkey dishes on another day.

### Turkey and Bean Chili Recipe

This turkey chili is made with cubed cooked turkey, stewed tomatoes and beans.

#### INGREDIENTS:

1/2 cup chopped green bell pepper  
1/2 cup chopped red, yellow or orange bell pepper  
1 cup chopped onion, plus chopped onion for garnish, if desired  
2 cloves garlic, minced  
3 tablespoons oil  
2 cans (15 ounces each) kidney beans, drained  
2 cans (14.5 ounces each) stewed tomatoes, crushed  
1/2 cup red wine  
1/2 cup chicken broth  
3 cups cooked turkey, cut into 1/2-inch cubes  
1 tablespoon chili powder  
1 tablespoon fresh chopped cilantro, or about 1 teaspoon dried cilantro flakes  
1/2 to 1 teaspoon crushed red pepper flakes  
1/2 teaspoon salt  
shredded cheese, if desired, for garnish  
more cilantro or chopped onion for garnish, optional

#### PREPARATION:

Add beans, tomatoes, wine, broth, turkey, chili powder, cilantro, red pepper and salt. Increase heat to high and bring mixture to a boil; reduce heat to low and simmer mixture, uncovered, for 25 minutes. At serving time, garnish with a little chopped onion, shredded cheese, or cilantro. Makes 6 servings.

### Turkey Enchiladas

Turkey enchilada recipe, made with leftover

turkey, cheese, sour cream, and tortillas. Serve turkey enchiladas with rice or a tossed salad.

#### INGREDIENTS:

3 cups cooked turkey, shredded  
2 cups sour cream  
2 cups shredded cheddar cheese  
1 teaspoon salt  
12 (10-inch) tortillas, corn or flour  
1/3 cup corn oil

#### Sauce:

2 cans (4 ounces each) chopped mild green chile peppers  
1 clove garlic, minced  
2 tablespoons olive oil  
2 cups chopped onion  
1 teaspoon salt  
1/2 teaspoon oregano  
1/2 cup water  
1 1/2 pounds stewed tomatoes

#### PREPARATION:

Combine turkey with sour cream, cheese and 1 teaspoon salt. Heat 1/3 cup of oil and dip tortillas in until soft and drain. Stuff with turkey mixture and roll up. Arrange, seam side down, side-by-side in shallow baking pan.

Prepare sauce. Saute chiles with garlic in oil. Add stewed tomatoes, onions, 1 teaspoon salt, oregano and water. Simmer uncovered until thick, about 1/2 hour. Pour the chile sauce over enchiladas and bake at 350° for about 30 minutes, or until hot and bubbly. Let set 5-10 minutes before serving. Makes 6 servings.

Recipes found at [http://southernfood.about.com/cs/turkeyinformation/a/leftover\\_turkey.htm](http://southernfood.about.com/cs/turkeyinformation/a/leftover_turkey.htm)

*Lia Soscia is a personal chef and owner of Home Cooking Consultant Personal Chef Services located in Nassau County. She has been cooking for 30 years for friends and family. Lia's services include home meal preparation, lessons, parties and more.*

If you have any cooking questions, please visit Lia at [www.ChefLia.com](http://www.ChefLia.com) or write Lia@ChefLia.com. She looks forward to your comments and questions. And continue to check back for more "Cooking With Chef Lia," only in Greenlight Long Island Magazine.