

RECIPES

Using Thanksgiving Leftovers

Turkey & Avocado Wrap with Red Pepper Hummus



- COMMISSARY LIST**
- 2 oz. roasted red pepper hummus
 - 4 whole wheat wraps
 - 4 red leaf lettuce leaves
 - 1 tomato
 - 1 medium-sized avocado
 - 16 oz. sliced leftover turkey
 - 4 oz. Swiss cheese

Ham & Turkey Sandwich



- COMMISSARY LIST**
- 1 oz. honey mustard
 - 2 slices whole wheat bread
 - 4 oz. spring mix lettuce
 - 1 cucumber
 - 4 oz leftover sliced turkey
 - 1 oz. sliced Swiss cheese
 - 4 oz. deli slices ham

Turkey & Biscuits



- COMMISSARY LIST**
- 2 cups whole wheat flour
 - 4 tsp. baking powder
 - 1/2 tsp. salt
 - 4 tbsp. cold butter
 - 1 cup skim milk
 - 12 oz. leftover turkey
 - 8 oz. low sodium chicken broth
 - 2 tbsp. olive oil
 - 3 tbsp. whole wheat flour
 - 12-14 oz. bag frozen peas



Twice Baked Loaded Sweet Potato



- COMMISSARY LIST**
- 4 sweet potatoes
 - 3 tbsp. olive oil
 - 1 medium red onion
 - 2 minced garlic cloves
 - 2 tsp. cumin powder
 - 1/2 cup canned black beans
 - 6 oz. leftover turkey
 - 3 jalapeño peppers
 - 1/3 cup shredded mozzarella

Leftover Turkey Salad



- COMMISSARY LIST**
- 8 oz. leftover turkey
 - 1 lime
 - 1 tsp. Cajun seasoning
 - 2 green apples
 - 2 celery stalks
 - 2 tbsp. dried cranberries
 - 2 tbsp. minced walnuts
 - 1/2 cup minced red onion
 - 1 avocado
 - 2 tbsp. olive oil
 - 1/4 cup Dijon mustard
 - Freshly ground black pepper
 - 4 lettuce leaves

Honey Mustard Turkey Wrap



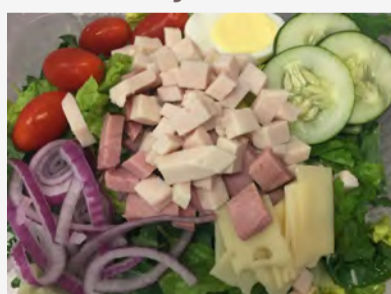
- COMMISSARY LIST**
- 4 whole wheat wraps
 - 4 oz. honey mustard
 - 12 oz. leftover sliced turkey
 - 4 oz. white cheddar cheese
 - 2 cups arugula
 - 4 oz. toasted walnuts
 - 16 apple slices

Cranberry Turkey Sandwich



- COMMISSARY LIST**
- 4 whole wheat buns
 - 12-16 oz. of sliced turkey
 - 12 oz. cabbage, shredded
 - 1/4 cup balsamic vinegar
 - 2 tbsp. olive oil
 - 12 oz. cranberries
 - 1 cup 100% cranberry Juice
 - 1 cup 100% maple syrup
 - 1 lemon

Chef Salad



- COMMISSARY LIST**
- 10 oz. kale and romaine salad mix
 - 3 slices cucumber
 - 4 cherry tomatoes
 - 3 rings of sliced red onions
 - 3 oz. leftover turkey
 - 1 oz. deli ham
 - 1 oz. Swiss cheese
 - 1 hardboiled egg
 - 1 oz. low fat vinaigrette dressing