

Post-Thanksgiving

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Self. 37.11 (Nov. 2015): p57.

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POST-THANKSGIVING

Get back on track after Turkey Day with these easy, healthy ideas for what to do with your leftovers.

BREAKFAST

Roasted-Veggie Omelet With Goat Cheese and Chives

In a bowl, whisk together 1 egg, 2 egg whites, 1 tsp water, 1/8 tsp kosher salt, 1/8 tsp cracked black pepper and 2 tsp finely chopped fresh chives. In a skillet over medium heat, heat 1 tsp olive oil. Add eggs and cook until bottom is just set, 10 to 15 seconds. With a spatula or fork, gently pull eggs toward center, tilting pan to move uncooked eggs toward edge. Add 1/2 cup chopped leftover roasted vegetables (such as carrots, parsnips, sweet potatoes, brussels sprouts and onions) and 2 tbsp crumbled goat cheese. Cook until vegetables are heated through, 1 to 2 minutes more. Fold edges of omelet toward center into thirds and garnish with 1/2 tsp finely chopped chives. Serve on a plate with 1/2 cup mixed greens.

NUTRITION INFO

280 calories, 19 g fat (6 g saturated), 8 g carbs, 2 g fiber, 19 g protein

LUNCH

Asian Turkey Salad With Tamari-Miso Dressing

In a bowl, combine 1 1/2 cups mixed greens, 1/2 cup shredded red cabbage, 1/3 cup brown rice, 1/2 cup chopped leftover roasted green beans, 2 tbsp chopped scallions and 4 oz shredded or chopped leftover roasted turkey breast. In another bowl, whisk together 1 tsp rice vinegar, 1 tsp honey, 1 tsp white miso paste, 1 tsp olive oil, 1 tsp reduced-sodium tamari (or soy sauce), 1/2 tsp finely chopped fresh ginger, 1/8 tsp garlic powder and 1/8 tsp cracked black pepper. Pour over salad and toss to combine; arrange on a plate and top with 2 tbsp toasted cashews.

NUTRITION INFO

421 calories, 15 g fat (3 g saturated), 39 g carbs, 7 g fiber, 36 g protein

DINNER

Turkey Tortilla Soup

In a small saucepan, heat 2 tsp olive oil. Add 2 tbsp chopped yellow onion and saute until golden, about 2 minutes. Add 1/4 tsp coarse sea salt and 1/4 tsp chili powder; cook 30 seconds more. Add 1 1/2 cups reduced-sodium chicken stock, 1/3 cup canned diced tomatoes, 1/3 cup diced leftover roasted sweet potatoes, 1/3 cup rinsed and drained canned black beans, 4 oz shredded or chopped leftover roasted turkey and 1 tsp fresh lime juice. Simmer, covered, over medium-low heat for 10 minutes. Pour into a bowl and top with 4 crumbled tortilla chips, 1/4 avocado, chopped, and 1 tbsp chopped cilantro. Serve with a wedge of lime.

NUTRITION INFO

538 calories, 19 g fat (3 g saturated), 46 g carbs, 12 g fiber, 50 g protein

SNACK

Pumpkin Pie Yogurt With Fresh Berries and Granola Sprinkle

In a bowl, combine 1/4 cup pumpkin pie filling (or 1/4 cup canned pumpkin mixed with 1 tbsp maple syrup) and 1/3 cup lowfat plain yogurt. Spoon half the yogurt mixture into a glass and top with 1/4 cup raspberries and blueberries and 2

tsp granola. Top with remaining yogurt mixture, another 1/4 cup mixed berries and a sprinkle of granola.

NUTRITION INFO

190 calories, 3 g fat (1 g saturated), 38 g carbs, 10 g fiber, 7 g protein

GET COOKING! Find healthy, delicious recipes for your Thanksgiving table at Self.com/go/thanksgiving.

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Source Citation (MLA 8th Edition)

Clarke, Stephanie, and Willow Jarosh. "Post-Thanksgiving." *Self*, Nov. 2015, p. 57. *Culinary Arts Collection*, [go.galegroup.com/ps/i.do?](http://go.galegroup.com/ps/i.do?p=PPCA&sw=w&u=gale_new1&v=2.1&id=GALE%7CA432945516&it=r&asid=551f7142be6fd1b4bf87df639b6d66ac)

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Gale Document Number: GALE|A432945516