

HEALTHY IDEAS FOR *Thanksgiving Leftovers*



As if resisting temptation during Thanksgiving isn't hard enough, you're faced with an even more difficult challenge after Turkey day is over — passing up leftovers. With a surplus of sweet potato casserole, turkey and cranberry sauce, it may seem like you're doomed for diet failure. But before you cave into the deliciousness in the fridge and treat yourself to fattening leftovers for days, consider some of these creative tips to turn some of your traditional Thanksgiving staples into nutritious, diet-friendly dishes.

REPURPOSE THE BIRD.

Turkey is by far the easiest leftover to make healthy meal out of. For lunch, make a wrap using a whole-wheat tortilla, low-fat cheese and sliced avocados for a dose of heart-healthy fats. If you're a fan of soup, add leftover chopped turkey to a low-sodium noodle broth, or use the turkey as alternative to greasy ground beef for a hearty low-fat chili with beans and tomatoes. For dinner, pan-fry up some turkey burgers with ground leftover turkey breast and panko crumbs for a surprisingly satisfying and light meal. Get the recipe from Cooking Light at www.cookinglight.com.

DON'T PASS THE POTATOES.

Sweet potatoes are the holy grail of healthy Thanksgiving staples. Full of fiber and beta-carotene, a little leftover mashed sweet potato can make for a delicious, healthy soup. Simply combine with stock until you reach a nice consistency, simmer to reinvigorate the flavors, and add your favorite spices. Also, try transforming your homemade mashed sweet potatoes into a delicious hummus perfect for light snacking. For the recipe from Women's Health magazine, visit www.womenshealthmag.com.

TRANSFORM CRANBERRY SAUCE.

Yes, cranberry sauce may be full of sugar, but used sparingly, it can make for a great addition to healthy breakfast staples. Add a dollop to nonfat Greek yogurt for a sweet-n'-tart protein-packed breakfast, or simmer in a sauce pan and drizzle on whole wheat pancakes.

For more information, visit www.northside.com/newstartchallenge