Ways to Use Your Leftover White Meat

Hello [[firstname]],

As you read in today’s blog post, White Meat VS Dark – Which is Healthier, you learned that white meat is healthier in many ways, but it isn’t as moist. Knowing this will you understand why you need to choose the way you use up your white meat carefully.

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When your turkey is done, you are probably going to end up with more white meat than dark meat. Since white meat gets dry quickly, you want to use more of it for your leftover dishes and do so quickly. Here are some different ways to use the leftover white meat.

**Make Thanksgiving Sandwiches**

Everyone knows they can use leftover white turkey meat for sandwiches, but you can get a little more creative than that. You can actually create a sandwich with all the leftovers you have, or most of them at least. Go ahead and spread some cranberry sauce on the inside of the bread and don’t be afraid to pile on some stuffing, mashed potatoes, or even to mash up some deviled eggs and put them inside. You will be amazed by how good this sandwich is.

**Create Your Own Turkey Soup or Chili**

Another excellent meal you can make with your leftover white turkey meat is either soup or chili. This is great because white meat does tend to get dry a lot faster than dark meat, but when mixed into a soup or chili, this really isn’t an issue. If you are putting it in chili, you will want to cut it up into smaller pieces so that it blends nicely. Chili and soup are both also excellent ways to use up any extra beans or veggies you happen to have leftover from ingredients you were using for other Thanksgiving dishes.

**Try Other Turkey Dinners**

If you have a lot of turkey leftover, you might not want to just give your family the same dinner they had on Thanksgiving, but you don’t always have to. There are hundreds of recipes that use turkey and most likely many of the components you have sitting in your refrigerator. For example, maybe you want to give them sliced turkey and gravy, but instead of your mashed potatoes and stuffing, use some leftover vegetables for a brand new vegetable side and make a different types of bread in lieu of the dinner rolls.

[sign off]