6 Healthy Turkey Leftover Ideas

If you are like most people, you probably have turkey on Thanksgiving. While this can be a delicious main course for your family dinner, there is usually a lot leftover for you to then work into other meals. There are so many different great meals you can make with your turkey, and here are some of them.

**1. Taco Salad**

If you have leftover turkey, why not turn it into a taco salad? This taco salad is fun to mix it up a little during the holidays, without feeling like you are eating leftovers of the same exact meal. It can be made healthy by adding lots of vegetables, such as lettuce, tomato, onions, and red peppers. Take it easy on the cheese and use avocado instead of sour cream since it is more nutritious. The turkey is less fat than beef, so it is already cutting back on the calories.

**2. Turkey and Veggie Casserole**

Another way to use your leftover turkey with veggies is to make a casserole. The more vegetables you add, the healthier it is going to be. This is also a way you can use up leftover veggies from Thanksgiving, such as if you have some carrots, Brussels sprouts, and green beans leftover. Throw in the veggies and turkey into a casserole dish, add in some mashed cauliflower or cauliflower rice, and just a little bit of cheese on top.

**3. Make a Sandwich or Wrap**

A simple way to use the turkey in a healthy way is by making a sandwich or wrap. If you go with a sandwich, try to use whole wheat or whole grain bread and really include a lot of veggies. Another way is by creating a Thanksgiving sandwich with turkey, some stuffing, and cranberry sauce all in the sandwich. You can also do the same thing with a wrap. Try to use a whole wheat or spinach tortilla.

**4. Cook Turkey Soup or Chili**

For a cold evening, take your leftover turkey and add it to your favorite soup or chili. This is yet another way to use up veggies in your house and have something hearty, but also healthy. You can use a recipe or just combine your favorite veggies, broth or water, and seasonings.

**5. Prepare a Cold Pasta Salad**

If you are going to use the turkey for lunch the following day, you can prepare a simple cold pasta salad. Use rotini whole grain pasta and add in your sliced turkey, veggies and fruits like tomato and bell peppers, and top it with a little bit of parmesan cheese. A light vinaigrette is all you need for the dressing.

**6. Quinoa Salad**

Another type of salad that can use turkey is to make a quinoa salad. Quinoa is a super healthy grain and also considered a superfood thanks to all the nutrients in it. Cut your leftover turkey into small cubes, then add it to your cooked quinoa with other veggies.