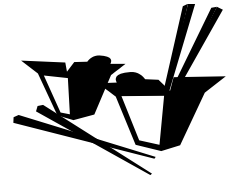




Limits to Leftovers?



In these economic times, we are all trying to spend less and stretch every dollar. Preparing meals at home and then reusing leftovers is a great way to make that dollar go far. However if you are reusing leftovers, it is essential to follow safe handling practices.

Follow these tips to ensure that you are keeping yourself and your family out of danger when using leftovers...

When heating and storing leftovers:

- ✓ Always wash hand with warm water and scrub with soap for 15 seconds before and after handling food.
- ✓ Food stored at room temperature allow bacteria to grow rapidly, therefore leftovers should be stored within 2 hours (and within 1 hour if temperatures are above 90°F).
- ✓ Always make sure your refrigerator and freezer are set at the correct temperatures, this means 40°F or below for refrigerators and 0°F or below for freezers.
- ✓ Be sure to discard or eat leftovers within 4 days.
- ✓ Divide leftovers into smaller portions and store in shallow containers, this will allow foods to cool quicker before placing in the refrigerator.
- ✓ When reheating, leftovers should be reheated to an internal temperature of at least 165°F. Using a food thermometer to check the internal temperature will ensure that this temperature has been met. Sauces, soups, and gravies should be reheated by bringing them to a boil.
- ✓ When microwaving leftovers, make sure there are no cold spots in the food (where bacteria can survive). Cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.

Leftover Shepard's Pie

Serves 6

Ingredients:

- 3 cups cooked stuffing
- 1 cup cranberry sauce, plus more for topping (optional)
- 1 pound sliced cooked turkey
- 1 ½ cups cooked carrots, (or another leftover vegetable)
- ½ cup of gravy
- 3 to 4 cups mashed potatoes

Directions:

1. Preheat oven to 350°F. In a pie plate, or baking dish, mound stuffing on bottom; layer with cranberry sauce, turkey, and carrots. Drizzle with gravy; spread potatoes over surface to sides of dish. Top with more cranberry sauce, if desired.
2. Place pie on a baking sheet, and bake until heated through and potatoes are golden, 35 to 40 minutes. Let cool slightly.
3. Enjoy!

Great Way to finally use those holiday leftovers!

