

# Recipes for Leftover Chicken or Turkey

## Chicken or Turkey Casserole

2 eggs  
1 cup milk  
2 slices bread  
¼ cup chopped green pepper  
¼ cup sliced celery  
½ teaspoon salt  
2 cups cut up cooked or canned chicken or turkey



Grease 1 ½-quart baking dish. Preheat oven to 350°F.

Beat eggs in mixing bowl. Add milk and stir to combine. Tear bread in small pieces and add to egg mixture along with green pepper, celery, salt and turkey or chicken. Put in prepared baking dish. Bake for 30 minutes or until browned.

Makes 4 servings.

## Quick Turkey Rice Soup

2 teaspoons olive or vegetable oil  
1 cup chopped onions  
1 cup sliced fresh white mushrooms (optional)  
1 clove garlic, minced (or substitute ¼ teaspoon garlic powder)  
1 15 ounce can diced tomatoes  
3 14 ounce cans low sodium chicken broth  
1 10.75 ounce can reduced sodium cream of chicken soup  
1 cup uncooked instant brown or regular white rice  
2 cups frozen or fresh chopped broccoli  
2 cups chopped cooked skinless turkey (use leftover turkey pulled from the bones)  
½ teaspoon freshly ground pepper.

1. Heat oil in large saucepan over medium-high heat.
2. Add onions, mushrooms, and minced garlic, if using; cook, stirring often, until onion is tender, about 5 minutes.
3. Add tomatoes, broth, soup, rice, and garlic powder, if using. Cover and cook until rice is nearly tender, 15—20 minutes.
4. Stir in broccoli and turkey; return to boil.
5. Reduce heat and simmer, partially covered, until broccoli is tender and turkey is heated through, about 5 minutes.
6. Remove from heat; stir in pepper.

Makes 6 servings, 1 ½ cups each.

## Chicken or Turkey Chowder

1 small onion  
3 tablespoons butter or margarine  
3 medium potatoes, diced  
2 large carrots, diced  
1 ½ cups cut up cooked or canned chicken or turkey  
2 cups chicken or turkey broth (or use chicken bouillon mixed with hot water according to package directions)  
2 cups milk  
Salt and pepper to taste



1. Chop onion and sauté in butter or margarine until tender.
2. Add diced potatoes, carrots, cooked chicken or turkey and broth. Bring to a boil and boil gently about 20 minutes until vegetables are tender. Just before serving add milk and heat but do not boil.
3. Taste for seasoning, and add salt or pepper as needed.

Makes about 6 servings, about 1 cup each.

## Chicken Club Salad

1 cup uncooked small whole wheat pasta, such as macaroni or rotelle  
6 cups well washed and torn romaine lettuce or spinach  
2 cups chopped fresh vegetables (green pepper, celery, cauliflower florets, cucumber, carrots)  
2 cups chopped tomatoes (about 2 cups)  
1 ½ cups cubed cooked skinless chicken (one half pound skinless, boneless poultry)  
½ cup low fat Italian dressing  
1 hard cooked egg (optional)  
¼ cup shredded cheese or cheese crumbles

1. Cook pasta according to package directions; drain and cool.
2. Place 1 ½ cups of the romaine in each of 4 large bowls or plates.
3. Combine chopped vegetables, chicken and pasta.
4. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
5. Top each serving with a few egg slices, if desired, and 1 tablespoon shredded cheese.

Makes 4 servings, 3 cups each.

## Chicken or Turkey and Broccoli Casserole

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| 1 ½ cup macaroni (about 3 cups cooked)  | 1/3 cup nonfat dry milk powder (optional) |
| 1 ½ cups chopped cooked broccoli        | 1 teaspoon dry mustard                    |
| 1 ½ cups cooked cubed chicken or turkey | 1/8 teaspoon salt                         |
| 1 ½ tablespoons margarine               | 1/8 teaspoon pepper                       |
| 2 tablespoons flour                     | 1 cup shredded cheddar cheese             |
| 1 cup milk                              |   |



Preheat oven to 350°F. Lightly grease a 1 ½-quart baking dish and set aside. Prepare macaroni as label directs and drain.

Meanwhile, make a cheese sauce by melting margarine in a small saucepan over low heat. Stir in flour until smooth. Gradually stir in milk, optional nonfat dry milk powder, dry mustard, salt and pepper. Cook, stirring constantly, until thickened and smooth. Stir in all but about 2 tablespoons of the cheese. Continue to cook over low heat, stirring, just until cheese melts.

Layer cooked macaroni, broccoli and chicken or turkey in prepared baking dish. Pour sauce over layers and sprinkle remaining 2 tablespoons cheese on top. Bake about 25 minutes or until bubbly.

Makes 6 servings, about 1 cup each.

## More Quick Ideas for Leftover Turkey or Chicken

- ◆ Stir fry pieces of cooked turkey with sliced onion, green pepper and broccoli. Add ¼ cup water and 1 tablespoon soy sauce. Heat and serve over rice.
- ◆ Wrap sliced turkey, cheese, lettuce and tomato in a flour tortilla for a turkey wrap.
- ◆ Mix chunks of cooked turkey with drained, canned black beans, ½ cup cooked corn, 1 cup chopped raw vegetables like green peppers, celery, etc, and your favorite Italian dressing. Serve on lettuce, or mix with cooked, cold macaroni or rice for a tasty salad.
- ◆ Sauté onion, sweet pepper and mushrooms if you like, in a small amount of vegetable oil. Add a can of crushed tomatoes, a pinch of oregano, garlic powder, basil and pepper (or use your favorite spaghetti sauce). Stir in pieces of cooked chicken or turkey. Heat and serve over cooked pasta. Top with grated cheese.
- ◆ Sauté onion, garlic and celery in a small amount of oil. Stir in 1 teaspoon each of ground cumin, oregano and chili powder, plus a pinch of pepper. Add a can of drained white beans, turkey pieces and enough chicken or turkey broth to cover. Bring to a boil, lower heat and cook for ½ hour. Just before serving, stir in some grated Monterey Jack or cheddar cheese. Heat until cheese melts. Serve with corn bread and salad.

## Teriyaki Rice Bowl

- 2 teaspoons cooking oil
- ¾ pound boneless chicken, beef or pork, cut into strips
- 2 cloves of garlic, minced or ¼ teaspoon garlic powder
- 2 cups water
- ½ cup low-sodium teriyaki or soy sauce
- 2 cups uncooked instant brown rice
- 1 14-16 ounce package frozen stir fry vegetables



1. Heat oil in large nonstick skillet on high heat. Add chicken or other meat and garlic. Cook and stir 5 to 10 minutes.
2. Add 2 cups water and the teriyaki sauce; stir. Bring to boil. Stir in rice. Return to boil. Reduce heat to low; cover. Simmer 5 minutes.
3. Stir in frozen vegetables. Heat until vegetables are hot, about 5 minutes.
4. Let stand 5 minutes. Fluff with fork.

- ◆ Use leftover—or planned-over—cooked meat, if desired.
  - ◆ Freeze individual portions for lunch if a microwave is available for reheating.
- Makes 6 servings, 1 cup each.

UNIVERSITY OF MISSOURI  
Extension

Linda S. Rellergert, MS Nutrition & Health Education Specialist  
260 Brown Road, St. Peters, MO 63376  
636-970-3000, FAX: 636-279-3310  
email: [rellergert@missouri.edu](mailto:rellergert@missouri.edu)