

your



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Turkey and Biscuits

On average, the American family throws out about \$640 of leftovers a year. Ever heard of the phrase, "Cook it once; use it twice"? Most of us can think of lots of other enjoyable things to do than spending time in the kitchen, dicing, cooking and cleaning. Truth be told, one of the biggest reasons families rely on take-out or fast food is because the thought of cooking and cleaning after a long day is just too much. Yet, what if one plans to cut down on the time they are in the kitchen? What if one targets their efforts in the kitchen to be as efficient and effective as high intensity interval training (HIIT) is for our muscles? The key is planning. If you are cooking one casserole, pot of soup, or chicken, how much extra effort does it take to double the batch? The extra batch can be frozen for a quick meal that is at the ready or carried into lunch for the next couple of days. In addition, cooking an extra few pieces of chicken lends to having cooked ingredients on hand to add to salads, wraps, or casseroles in the following few days. A great strategy is when baking a whole chicken, bake an extra one and pull the meat off the bones to freeze. This way it will be on hand to add to soups and other dishes. Rice can also be cooked in large batches and frozen for a later use.

Rather than spend every day chopping and dicing fresh produce, plan a day in the kitchen to cut up the items you will use in your meals for the following week while planning to use the ones that spoil the soonest first. Also, be sure to cut up extra raw fruits and vegetables to have on hand for a low calorie, nutrient dense snack. Studies show that having prepared cut up produce available can significantly decrease sugar and fat intake. Be sure to keep it at eye level for all family members.

During an upcoming week, plan your meals using 2-3 animal proteins, like chicken and beef, and one plant based protein, like legumes. On Sunday, cut up all the produce you will need for the week, and make your batches of rice and pasta that will be needed for the week. Cook one of your animal proteins in enough quantity to be used for two dinners and to top a salad for lunch. On Tuesday, cook enough of your second animal protein, like lean ground beef, and use it for the next two dinners such as tacos one night and spaghetti the following night. Designate Thursday as your leftover night, where the family eats what is left from the meals. On Friday, serve a breakfast meal for dinner or make sandwiches; and, then on Saturday, make a big dish using your plant protein, such as three bean chili.

This meal makes use of leftover turkey or chicken that is on hand or that has been frozen for a later use.

Ingredients

Biscuits:

- 2 cups whole wheat flour
- 1/2 tsp. salt
- 4 tsp. baking powder
- 4 tbsp. (1/2 stick) cold butter
- 1 cup skim milk

Turkey:

- 12 oz. cooked boneless turkey
- 2 tbsp. olive oil
- 8 oz. low sodium chicken broth
- 3 tbsp. whole wheat flour
- 12-14 oz. bag frozen peas
- Optional: Pepper

Directions

1) In a large mixing bowl, pour in 2 cups of whole wheat flour, 1 tbsp. + 1 tsp. baking powder and 1/2 tsp. salt. Toss lightly with a fork, or whisk, to be sure the ingredients are mixed well.

2) Cut 1/2 stick of cold unsalted butter into small cubes and then add to the flour. Blend with a fork until the mixture looks like crumbs. Make a well in the center of the crumbs and add the milk. Mix gently until combined, being sure not to over mix. With floured hands, knead the dough 10 times (this can be done in the bowl).

3) Lightly dust a flat surface with flour and then roll or pat the dough out to 1/2 inch thick rectangle. Using a pizza cutter or knife, cut the dough in half, down the middle (horizontally), and then cut vertically three times, equal distance apart. This will result in 8 biscuits. Lightly spray a baking sheet with cooking spray and then place biscuits evenly spaced on the sheet. Bake for 11-14 minutes or until lightly browned.

4) While the biscuits are cooking, over medium high heat,

in a large sauce pan, heat 2 1/2 tbsp. of olive oil, then add 3 tbsp. of whole wheat flour and mix well. Cook until the roux turns just a light brown and then quickly whisk in 12 oz. of evaporated milk and 8 oz. of low sodium chicken broth.

5) Quickly place a frozen 12-14 oz. frozen, steamable package of peas in the microwave and cook according to package directions.

6) When the mixture begins to thicken, add 12 oz. of cooked boneless chicken or turkey. Turn the heat down to medium and continue cooking for another 5 minutes, until the meat is heated through and the mixture is thickened. If the mixture gets too thick, add chicken broth 2 tbsp. at a time. Pepper to taste, optional.

7) Remove the biscuits from the oven. Serve by placing two biscuits on each plate (cut in half) and drizzle with 1/4th of the gravy mixture. Serve 1/4th of the peas on the side.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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