



# What to do with holiday leftovers

Make a game plan for leftovers to avoid overeating, say experts from The University of Texas MD Anderson Cancer Center. You can turn holiday leftovers into new healthy dishes by reusing the following foods:

## White turkey meat

- Whip up your favorite chili recipe, but use turkey instead of ground beef.
- Wrap turkey, spinach leaves, and 2 tablespoons of cranberry sauce in a whole wheat tortilla.

## Mashed potatoes

- Mix in a healthy helping of cooked vegetables for a new twist on this side dish. Try cauliflower, broccoli, green beans, or carrots.

## Sweet potatoes

- Make a protein-packed sandwich spread or veggie dip by pureeing one-half cup sweet potatoes with one-half cup chickpeas. Eat only 1 or 2 tablespoons at a time.