

What To Do With Holiday Dinner Leftovers?

Summer picnics and cookouts seem like a distant memory, as family holiday meals become a fast approaching reality! Planning holiday meals can be quite an exciting undertaking but what do you do when the excitement dies down and you're left with a refrigerator full of leftovers and no energy to cook another meal until February? Here are some tips for using those leftovers you worked so hard to create. These ideas will leave you with time and energy to get to what you want to do—like your yoga practice.

Leftover Mashed Potatoes:

- 2 cups leftover mashed potatoes
 - 1-2 eggs
 - 1/4 cup flour
 - Salt and pepper to taste
 - 1 clove garlic mashed or 1 tsp garlic powder (*unless your potatoes already have garlic in them)
 - Optional: chopped green onions or chives, and cheese about 1/2 cup (parmesan, bleu, or cheddar)
 - Oil for frying (preferably canola or vegetable)
 - Sour cream and/or applesauce for garnish
1. Mix all ingredients into mashed potatoes.
 2. Add 2 TBSP oil to pan and heat to medium
 3. If mixture is thin, add more flour or mashed potatoes
 4. Pour about 1/4 cup mixture in pan and brown on both sides approx 3 minutes each side until hot throughout.
 5. Serve with sour cream and/or organic applesauce.
 6. These are delicious and easy for the kids to help prepare.
 7. They are nice served with soup or a salad for lunch or a light dinner.

Muffin Stuffin'

- 3 cups leftover stuffing/dressing*
 - 1 Tbsp. butter
1. Preheat oven to 350 degrees
 2. Grease muffin tins with butter
 3. Scoop stuffing into muffin tins
 4. Bake for 25-30 minutes until stuffing is crisp and browned on top
 5. These are great served with big green salad for lunch or with soup and salad for a light dinner.

*if stuffing mixture seems a bit dry, add broth, 1/2 canned cup creamed corn or apple juice to moisten.

Pumpkin Pudding

Often you can find canned pumpkin on sale after the holidays or use what you have left over. Pumpkin is healthy and full of vitamin A. Make sure you use the 100% pumpkin puree with nothing added. For those of you who like to go the extra mile and make your own puree out of fresh pumpkin, it can be used the same as canned in these next two recipes.

- 1 (8 ounce) carton vanilla low-fat yogurt
- 1 cup canned or cooked pumpkin
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground cinnamon

*Can also substitute pumpkin pie spice for above or any other of your favorite spices.

1. Combine above ingredients in bowl until smooth. Refrigerate for at least an hour before serving.
2. You can fill premade chocolate cups, mini-pre-cooked graham cracker crusts or small decorative bowls with this mixture.

Curried Pumpkin Soup

- 4 apples – peeled, cored and chopped (Macintosh or granny smith)
 - 1 tbsp butter
 - 1 onion, finely chopped
 - 2 cloves garlic, crushed
 - 1 tbsp favorite curry powder blend
 - 1 tsp. ground cumin
 - 1 (15 oz.) canned pumpkin puree
 - 4 cups broth (veggie or chicken)
 - 1 cup water
 - 1 tsp white sugar
1. Melt butter in large pot over medium.
 2. Sautee onion, garlic, curry and cumin stirring often until onion is soft and fragrant.
 3. Stir in apples, pumpkin, broth, water and sugar. Bring to boil, stir often.
 4. Cover and reduce heat to low. Simmer for 25 minutes, stir occasionally.
 5. Puree soup in food processor, blender or use a blending wand.
 6. Return to pot, cover and reheat on low.
 7. Serve with crusty bread and nice green salad.
 8. Leftovers can be frozen.

Add some of these easy, tasty recipe ideas to your holiday routine to free up some of your time and add healthy, new alternatives to your meals. Let's give thanks for the abundance that we are so freely able to enjoy.

Namaste'

