



**FOR IMMEDIATE RELEASE:**

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**GOBBLE UP THESE THANKSGIVING TIPS AND HOLIDAY LEFTOVER RECIPES**  
*The Ohio Poultry Association shares how to properly store and reinvent favorite holiday leftovers*

**COLUMBUS, Ohio** – Thanksgiving is a time that revolves around food, family and friends – with the turkey serving as the show-stopper. According to the United States Department of Agriculture, more than 90 percent of Americans will gobble up turkey this holiday season. That adds up to more than 600 million pounds of turkey.

“A turkey at Thanksgiving is the epitome of the holiday,” said Jim Chakeres, executive vice president of the Ohio Poultry Association (OPA). “However, for many Ohioans, the best part of the dinner happens the day after when the leftovers begin.”

Here are a few recommendations from the Ohio turkey experts on how to store and prepare leftover turkey to its fullest potential:

*Storage:* Make sure to remove the stuffing and carve any extra turkey meat from the bones. Leftovers should be stored in shallow containers to reduce air and oxygen exposure. To prevent any possible foodborne illnesses, all leftovers should be refrigerated or frozen within two hours of cooking.

*Shelf life:* Leftover turkey and stuffing should be consumed within three to four days. While gravy lasts for only one to two days in the refrigerator. Cooked turkey can be kept in the freezer for [three to four](#) months.

*Try new recipes:* Holiday dinners will likely leave hosts with mounds of leftover turkey. This lean meat is low in fat and an excellent source of protein, so don't let it go to waste. Try making Turkey Sweet Potato Hash with Baked Eggs or Turkey Vegetable Hash Brown Quiche to create great meals using the turkey leftovers. For additional recipe ideas and cooking videos, visit [www.OhioEggs.com](http://www.OhioEggs.com).

“With current health discussions, many families seek nutritious, tasty options to fill our stomachs,” said Chakeres. “Turkey is a naturally lean source of protein and B vitamins that can complement other meal options after the holiday passes, while pleasuring your tastebuds.”

Ohio ranks ninth in the nation in turkey production with more than 209 million pounds of turkey produced. The value of turkey produced in Ohio in 2015 was more than \$169 million.

For more information on storage, turkey recipes or nutritional benefits, visit the OPA website at [www.ohioturkey.com](http://www.ohioturkey.com) or [www.serveturkey.org](http://www.serveturkey.org).

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*See full recipes listed below.*

## **Turkey Sweet Potato Hash with Baked Eggs**

### Ingredients

2 T olive oil, divided  
1/3 cup onion, ¼-inch dice  
1 clove garlic, minced  
1 pound roast turkey, ½-inch dice  
1 large baked sweet potatoes, ½-inch dice  
1 large baked potatoes, ½-inch dice  
2 T ketchup  
2 T Dijon mustard  
1 teaspoon fresh thyme leaves (or ½ teaspoon dried)  
2 T chopped fresh parsley  
2 T water  
Salt and pepper to taste  
4 Eggs

### Directions

Heat 1 tablespoon oil over medium-high heat in a 12-inch non-stick, ovenproof skillet. Add onion; cook 2-3 minutes, stirring often. Add garlic, and cook an additional 2-3 minutes, again stirring often. Add turkey and potatoes and remaining olive oil, continue to cook until golden brown and heated through.

Mix ketchup, mustard, thyme, parsley and water in a small bowl. Stir ketchup mixture into turkey/potatoes. Season with salt and pepper, to taste. Reduce heat to medium, continue to stir for an additional 4-5 minutes.

Make 4 “wells” into hash mixture. Break an egg into a small bowl and transfer egg to the “well.” Repeat until 4 wells are filled with an egg. Transfer skillet to 350-degree, preheated oven. Bake 20-22 minutes, or until egg whites are firmly set and yolks are to your desired degree of doneness.

Serves 4.

## **Turkey Vegetable Hash Brown Quiche**

### Ingredients

#### CRUST:

1 egg  
2 cups frozen shredded hash brown potatoes (12 ounces), defrosted  
¼ tsp salt  
¼ tsp pepper

#### QUICHE:

2 cups frozen vegetables which have been defrosted  
1 ½ cup cooked turkey  
5 eggs  
1 cup milk  
½ tsp salt  
¼ tsp pepper  
3 TBSP sliced almonds

### Directions

Heat oven to 375 degrees. Beat one egg, salt and pepper in medium bowl until blended. Add potatoes and mix well. Press evenly against bottom and sides of a greased deep 9-inch pie plate. Bake in 375 degree oven for 5 minutes.

Spread vegetables evenly in crust and top with turkey. Beat 5 eggs, milk salt and pepper in medium bowl until blended. Carefully pour over turkey and vegetables. Sprinkle with almonds.

Bake in center of 375-degree oven until center is almost set, but jiggles slightly when dish is gently shaken and knife inserted near center comes out clean (about 45 minutes). Let stand 5 minutes. Cut into wedges and serve.

Serves 6.