**Left Over Turkey: Make Turkey Soup!
Ingredients**

**\*\*\* Mashed Potato Polpetti (Patties):**

3 cups mashed potatoes

Grey salt and freshly ground black pepper

1/2 cup grated Parmesan

All-purpose flour, for dredging

1/4 cup extra-virgin olive oil

8 cups chicken broth

1 turkey carcass, all meat removed

1 carrot, halved lengthwise, plus 1 carrot, minced

1 whole stalk celery, plus 1 stalk, minced

1 onion, halved, plus 1 onion, minced

2 bay leaves

3 cups dark turkey meat

2 cloves garlic, smashed

2 tablespoons olive oil  *\* OMIT THE POTATO POLETTI FOR LOW CARB \**

3 cups leftover cooked Thanksgiving side vegetables
 -à (Brussels sprouts, sweet potatoes, green beans)

1 tablespoon chopped fresh sage

**\*\*\*\* Mashed Potato Polpetti (Patties), for serving, recipe following**

1. Put the chicken broth, turkey carcass, carrot halves, celery stalk, onion halves and 1 bay leaf in a large stockpot. Bring to a boil and then simmer, about 1 1/2 hours.
2. Dice the turkey meat***: meat pieces are no larger than the size of a soupspoon***.
3. Before straining the broth, remove the large bones and carcass with tongs. Strain the broth through a mine mesh strainer. Discard the solids.
4. *Transfer the broth to a bowl set in a bath of ice water, which will cool the broth quickly and help keep it fresher longer.* (This can be done the night before and stored in the refrigerator until the next day.)
5. In a large soup pot, heat the garlic in the olive oil over medium heat. Allow to brown slightly, about 3 minutes. Add the minced carrots, celery and onions. Sweat over medium-low heat until softened, 7 or 8 minutes.
6. ***Dice the leftover Thanksgiving vegetables.*** Add the sage to the soup pot along with the turkey broth and the remaining bay leaf. Bring to a simmer.
7. **When simmering, add the Brussels sprouts, green beans and diced turkey meat to the soup.** Bring it back up to a simmer.
8. **F**inally, add the sweet potatoes to the center and gently push them down. Turn the heat off and cover. Allow to sit and steam, 5 to 7 minutes.

\*\*\*\*\*\*\* **Let simmer for 5 more minutes and serve with the Mashed Potato Polpetti.
 YOU MAY OMITT THIS SECTION 9-11 TO KEEP IT A LOW CARB OPTION**
9. Re-season the potatoes with herbs, and Stir in the cheese.
-à Take a smaller lid (like peanut butter) and line with plastic wrap to use as a mold. Pack the potato mixture into the lid, unwrap it and place the patty on a baking sheet. You may refrigerate them covered with plastic wrap until the next day, or fry immediately.
10. To cook, dredge the patties in flour. Heat the oil in a nonstick skillet over medium-high heat. Just before frying, dredge the patties again with flour.
11. Add the patties to the oil without crowding them (you may have to cook them in batches). Cook until the underside is golden brown, about 5 minutes. Flip and brown the other side. Remove from the skillet and drain on paper towels. Serve hot with leftover gravy. Makes 6 servings.

## LEFT OVER TURKEY FROM THANSKGIVING Enchilada Casserole

This Low Carb Turkey Enchilada Casserole uses zucchini noodles instead of tortillas for a veggie-packed win, fewer carbs, and all the enchilada flavor!
 **Ingredients**

### Instructions

1. Preheat oven to 350F
2. Use a mandolin on the largest setting to make zucchini noodles.
3. ***Place zucchini on cooking sheets and bake for 10 minutes to help dry them out (DO NOT SKIP)***
4. Combine 2 avocados with ½ cup salsa to make guacamole.
5. Add ingredients to a 9 x 13 casserole dish in the following order: ½ cup sauce, layer of zucchini noodles, ½ cup sauce, 1 cup turkey, 1/2 of guacamole, layer of zucchini noodles, ½  cup sauce, 1 cup turkey, chopped onions, ½ cup shredded cheese, layer of zucchini noodles, ½ cup sauce, 1 cup cheese.
6. Bake for 20 minutes covered with foil and 40 minutes uncovered.
7. Garnish with ¼ cup green onions and ¼ cup cilantro

• 4-6 medium size zucchini

• 1 1/2 cups shredded cheddar or Mexican blend

• 16 ounces red enchilada sauce or green

• 2 avocados

• ½ cup salsa

• 2 cups turkey

• ½ yellow onion chopped
**garnish:**
 ¼ cup chopped green onions and ¼ cup cilantro

## **Low Carb Cheesy Turkey and Broccoli Bake**

A low carb casserole the whole family will love. A base of turkey and broccoli covered with eggs and cheese bakes up golden and delicious. **Total Time** 30 minutes
**Calories** 278 kcal

### **Ingredients**

* 2 cups of small broccoli florets chop broccoli into small pieces
* 2 cups lower sodium chopped turkey
* 1/4 teaspoon Emeril's all purpose seasoning
* 1 cup grated cheddar cheese
* 5 eggs beaten slightly

### **Instructions**

1. Preheat oven to 375 degrees F.
2. Place broccoli into medium size baking dish and cover with a paper
 towel. Microwave on high 2 minutes or until cooked slightly.
3. Add turkey to broccoli in baking dish and stir to combine then
sprinkle with seasoning and cheese.
4. Pour the eggs over all and stir to combine.
5. Cook uncovered about 20 minutes or until eggs are set.

*266 Calories, 6gm Carb, 1 gm Fiber, 25gm Protein, 16gm Fat,
 600mg Sodium*