

New flavors for holiday left overs

Making sure nothing is
left over this festive season



Oriental Turkey Stir Fry

Ingredients

2 cups turkey, cut into chunks or strips
1 $\frac{1}{4}$ cups chicken broth
1 large red or green pepper, cut into strips
3 cloves garlic, finely chopped
 $\frac{1}{8}$ teaspoon red pepper flakes (optional)
Salt to taste
16 ounces broccoli, thaw if frozen
8 ounce can water chestnuts, drained
2 $\frac{1}{2}$ tablespoons soy sauce
1 $\frac{1}{2}$ tablespoons cornstarch
2 tablespoons IC Chinese Stir Fry oil
Some cherry tomatoes and parsley to garnish

Instructions

Mix in medium sized bowl garlic, red pepper flakes (optional), salt to taste, chicken stock and cornstarch. Make sure cornstarch dissolves completely. Set aside.
Spray a large skillet with Stir Fry oil then add broccoli, turkey and pepper. Cook for 2 minutes, add water chestnuts, and then cook for another minute.
Finally, add stock mixture and soy sauce then bring to boil until hot or for 5 minutes.
Serve over pasta and garnish with cherry tomatoes cut in halves and fresh parsley



Mouth-watering Turkey Curry

Ingredients

$\frac{3}{4}$ cup raisins
3 cups cooked turkey or chicken, diced
 $\frac{1}{3}$ cup IC Toasted Sesame oil
10 ounces frozen peas, thawed
4 cups cooked rice, hot
2 medium onions, diced
8 ounces plain yogurt
2 teaspoons curry powder
1 tablespoon cornstarch
1 cup chicken or turkey stock
Some parsley to garnish

Instructions

Pour Toasted Sesame oil in a large skillet and cook raisins over medium-high heat, stirring constantly for about 2 minutes.
Use a slotted spoon to transfer raisins to a bowl. Set aside.
Add onion to the hot skillet and cook over medium-high heat, stirring frequently, until tender, about 4 minutes.
Stir in curry powder, combine cornstarch and stock. Add to onion mixture and cook, stirring constantly, about 2 minutes.
Add turkey or chicken and yogurt and cook until heated through, about 4 minutes. Stir in peas and cook until heated. Serve over hot rice and garnish with some parsley.



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