

Limits to Leftovers

Americans are economizing and stretching every dollar. As many consumers make their dollar go farther by preparing more meals at home and saving leftovers, it is essential they follow safe food handling practices.

When heating and storing leftovers

- Always wash hands with warm water and soap for 20 seconds before and after handling food.
- Temperatures between 40°F and 140°F allow bacteria to grow rapidly. Refrigerate cooked leftovers promptly—within 2 hours (1 hour when the temperatures are over 90°F. Use an appliance thermometer to ensure that your refrigerator is at 40°F or below.
- Divide leftovers into containers that are no more than 3 inches deep with the food no more than 2 inches. Store containers in the refrigerator. Hot food can be placed directly in the refrigerator.
- Leftovers should be reheated to an internal temperature of at least 165°F. Use a food thermometer to check the internal temperature. Sauces, soups and gravies should be reheated by bringing them to a boil.
- When microwaving leftovers, make sure there are no cold spots in food (where bacteria can survive). Cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.



Buying food in bulk can be a money-saver. Remember, whatever the quantity of food, safe handling is a must! Large packages and perishables like raw ground meat and poultry products can be refrigerated for 1–2 days but then the food should be cooked or put in the freezer.

Temperature and time cause bacteria to grow. It is important to keep your refrigerator cold enough, 40°F or below. Do not keep leftovers too long.

FIGHT BACK

Clean

- Wash hands and surfaces often.

Separate

- Don't cross contaminate!

Cook

- Cook to proper temperatures.

Chill

- Refrigerate promptly!

Adapted from Washington State University Extension, *Limits to Leftovers*. Source: The Partnership for Food Safety Education.

UW-Extension provides equal opportunities in employment and programming, including Title VI, IX and ADA requirements. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program (SNAP). SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply.

SPEND SMART. EAT SMART.®

Turkey Vegetable Quiche

Serves: 8 Cost/Serving: \$0.78 Serving Size: 1 slice

INGREDIENTS

- 1 pie crust, unbaked (9 inches)
- 1/2 cup onion, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup red bell pepper, diced
- 1 1/2 cups precooked turkey breast, cubed
- 4 eggs
- 1/2 cup nonfat milk
- 1 teaspoon dried seasoning (basil, garlic, or parsley)
- 1/2 teaspoon ground black pepper
- 1/2 cup shredded cheese (cheddar, mozzarella, or Swiss)

INSTRUCTIONS

- 1 Preheat oven to 375°F.
- 2 Prepare pie crust as directed on package.
- 3 Heat a skillet to medium. Add onion, mushrooms, and red pepper to the skillet. Sauté for 2–3 minutes. Add vegetables and turkey to pie crust.
- 4 Whisk together eggs, milk, seasoning, and black pepper in a bowl. Pour mixture into crust and top with shredded cheese.
- 5 Bake for 35 minutes or until a knife inserted in the center comes out clean.
- 6 Remove from oven. Let the quiche set up for about 5 minutes. Slice and serve.

TIPS

Use leftover turkey from a holiday meal to make this quiche.

Substitute 1/2 pound of cooked ground turkey for the cubed turkey breast.

Substitute 1 can of mushrooms for the sliced mushrooms.

Nutrition Facts

8 servings per recipe

Serving Size: 1 slice

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 120mg **40%**

Sodium 210mg **9%**

Total Carbohydrates 14g **5%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Added Sugars **NA***

Protein 16g

Vitamin D 0.8mcg **4%**

Calcium 94mg **7%**

Iron 1.4mg **8%**

Potassium 216mg **5%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.



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