



*Holiday*

LEFTOVER PLAN

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THE INGREDIENT GURU

# **Holiday Leftover Plan**

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# INTRODUCTION

We're in the middle of holiday season. From Thanksgiving through to New Year's Eve there are gatherings and food, lots of food. Holiday gatherings often mean a bounteous array of turkey or brisket, or ham or whatever your main course is. This is usually accompanied by potatoes, stuffing, vegetables, family favorite recipes, and an almost endless parade of desserts. All of which often means lots of leftovers. How to deal with these leftovers can be a bit challenging at time.

I've put together some thoughts on things to remember for the holiday so we can all have a happy, healthy, safe, and delicious day surrounds by those we love and enjoying our favorite foods.



# FOOD SAFETY

According to the CDC, approximately 1 in 6 Americans get sick each year from food-borne illness. That's about 48 million people. As many as 128,000 of these people will wind up in the hospital. And raw foods of animal origin (such as poultry) are most likely to be contaminated.

The holidays can present an enormous potential for food-borne illness. Combine a busy kitchen with a hectic schedule, a possible overload of guests, and high levels of cross preparation with raw meats and vegetables, and it all combines to make a perfect storm for food safety problems.

The CDC recommends the following rules regarding food safety:

- Cook - make sure all foods, especially meats, are thoroughly cooked, a meat thermometer is especially helpful at this time of year
- Separate - don't cross-contaminate your cooking surfaces and be sure to clean all boards and utensils between foods
- Chill - bacteria can grow on foods left out more than 4 hours so refrigeration is advised
- Clean - thoroughly wash your veggies, your hands, your utensils, your prep surface, repeatedly
- Report - if you or someone you know becomes sick and you suspect food-borne illness it's important that you report it.

My suggestions are:

- Have multiple sponges, one for surfaces, one for pots, one for dishes
- Microwave your sponges often, on high for 2 minutes, to kill bacteria
- Have multiple towels for separate uses, hands, drying produce, drying counters, drying dishes



# FEEDING YOUR FUR-BABIES

While you are enjoying the plenty that comes with the holidays, you need to be mindful of the fact that many of the foods that you are eating at holiday time are not good choices for your dog.

Many people give their dogs “table treats” throughout the year. On Thanksgiving, with so many people in the house, your furry friends may pull out all the stops when it comes to the piteous they-never-feed-me eyeball action.

Many of those around the table might be tempted to sneak them “just a little bit.” The challenge is that all of these “just a little bit” pieces add up to quite a bit of food. Add in the fact that many of these foods are not safe for consumption by dogs and you wind up with very busy veterinary emergency centers.

No matter how much they try to convince you otherwise, please remember that the following can be dangerous for dogs:

- Turkey skin, gravy, drippings – loaded with fat and spices, it's difficult for them to digest and could lead to pancreatitis
- Turkey bones – these are very brittle and can splinter causing damage to the stomach and intestines
- Bread, bread dough, stuffing, cookies, or other baked goods – dogs cannot digest these very easily and they can cause bloating or severe digestive distress
- Onions, garlic, raisins, grapes, mushrooms, and nuts – these all contain different substances which can make your dog very ill
- Chocolate – dogs cannot process the theobromine in chocolate. Consuming it can, depending on how much and how big your dog is, cause serious digestive upset and possible toxicity
- Alcohol – especially beer, is very toxic for dogs



# DEALING WITH LEFTOVERS

After the big feast there will be leftovers. Probably lots of leftovers. Because let's face it, isn't that how most of us prepare for the big day? We pretend we're feeding an army (and maybe you really are). We do this in part because we enjoy the cornucopia of favorite foods. But also because after cooking for two days, it's a great feeling to enjoy all these delicious treats again as leftovers. When you're planning for leftovers, however, you have to have a plan.

## Substitutions

In order to make sure you have the healthiest leftovers possible be sure to start with the healthiest ingredients. You'll find the recipes in the back of the book.

- Making your own cream of whatever soup base is an excellent substitute for that chemical-laden standby cream of mushroom
- If your family are biscuit fans make your own instead of the whack-and-bake variety
- Don't buy the stuff in the can, it only takes a few minutes to make your own delicious cranberry sauce
- If you eat gluten avoid the chlorine bleaching and bromates found in many commercial flours by choosing unbrominated and unbleached flours instead
- Skip the crispy onions which come loaded with GMO ingredients and negative additives. Make delicious caramelized onions as a topping instead
- Canned gravy usually has MSG, trans fats, sulfites, and caramel color, you can easily make your own
- Pie fillings often come loaded with GMO ingredients, MSG, plus artificial flavorings and preservatives, making your own is fairly easy.
- Don't throw out those bones, use them to make this delicious broth
- Leftover wine can be frozen into ice cubes and used later. A standard ice cube tray is 1 ounce which is the equivalent of 2 tablespoons
- Instead of storing each leftover item in its own container make them into Meal Jars using wide mouth pint jars for a quick and easy lunch or dinner

However you celebrate, whatever is on your table, whoever your gather with, I wish you a holiday full of joy and gratitude, health, and happiness.



## THE RECIPES & FURTHER THOUGHTS

### *CREAM OF WHATEVER SOUP*

Holiday meal planning seems to include a lot of soups, stews, and casseroles. For many people that means taking a shortcut by using some kind of creamy soup as one of the ingredients in the recipe. While this seems to save time, unfortunately it's not a great idea.

When it comes to canned products there are number of ingredients that are used in order to make the product more shelf stable. Or they're added because they're cheaper, easier to source, and more convenient for the producer.

Luckily you don't need to rely on the can. But let's start by looking at what's in that can and then I'll share my favorite cream of whatever soup mix recipe

## The ingredient breakdown

- Funny enough even though it's condensed soup the first ingredient is still water. That means you're paying a lot for all of these ingredients but mostly water
- The vegetable oils include corn, canola, and soy, three of the most genetically modified foods on the face of the planet. GMO foods are not a great choice for health and I strongly recommend avoiding them
- Modified food starch is often made with corn (making it a GMO) and can be more difficult for your digestive tract to process
- Monosodium glutamate can cause a wide range of health issues. In this particular can it's there as monosodium glutamate, but may also be present as part of the "yeast extract"
- Soy protein concentrate is obviously made from soy and is therefore a probable GMO ingredient. Extracted from defatted soy flour there may be a concern about pesticide accumulation during the concentration process as GMO crops tend to be heavily sprayed with glyphosate
- Dehydrated cream is most likely to be from cows treated with rBGH, an artificial hormone linked to increased risk for diabetes, cancer, and several other health issues. It's also been shown that cows treated with rBGH have a higher risk for mastitis and infertility
- Flavoring is a very generic term and we don't really know what it includes. Instead of reaching for the can, consider making your own cream of whatever soup mix. Because it's a powder, it will be shelf stable for a few months. You can make enough to always have on hand for your favorite recipes

# Cream of Whatever Soup Mix

## INGREDIENTS

- 2 cups powdered organic milk
- 3/4 cup organic cornstarch
- 1/4 cup organic bouillon powder or organic bone broth powder
- 2 tbsp dried onion flakes
- 1 tsp dried basil
- 1 tsp dried thyme
- 1/2 tsp ground black pepper



## INSTRUCTIONS

1. To use simply mix 1/3 cup of dry mix with 1 1/4 cups of cold water in a saucepan
2. Cook and stir until thickened
3. If desired add 1/2 cup of additional items such as diced mushrooms
4. This can also be added directly to a casserole calling for cream of soup

*Notes: This mixture should be stored in an airtight glass jar. It keeps well for 3-4 months*



## ***SOAKED FLOUR BISCUITS***

For some reason I've been seeing a number of recipes lately that seem to include the use of a can of biscuits. Truthfully I used to use these a lot myself. Especially when my children were younger. It was an easy way to get a quick batch of biscuits into the oven to have with dinner. They also made great donuts when coated with cinnamon sugar and fried.

Now I shudder to think about eating that and I'm horrified at the thought of all of those chemicals that I fed my children. If you're still eating this type of whack-and-bake product it's truly not a good choice.

Let's start with the Nutrition Facts:

This label demonstrates one of my biggest issues with how the label works. It doesn't tell the truth.

Right there on the label we see "Trans Fat 0g." That leads us to believe that there are no trans fats. And since we've all pretty much learned that trans fats are bad for you we think we're doing a good thing by avoiding them. But are we really?

Not here.

Because when we skip down to the Ingredients List we find the following:

*Enriched Flour Bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Water, Soybean and Palm Oil, Baking Powder (sodium acid pyrophosphate, baking soda), Dextrose. Contains 2% or less of: Hydrogenated Palm Oil, Partially Hydrogenated Soybean Oil, Sugar, Salt, Vital Wheat Gluten, Mono and Diglycerides, Xanthan Gum, Propylene Glycol Alginate, Yellow 5, TBHQ and Citric Acid (preservatives), Butter, Red 40, Color Added, Natural and Artificial Flavor.*

## Nutrition Facts

Serving Size	1 biscuit (34g)
Amount Per Serving	As Packaged
Calories	100
Total Fat 3.5g	5%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Potassium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	2%
Sugars 2g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%
Thiamin	0%
Riboflavin	0%
Niacin	0%
Folic Acid	0%

- Near the bottom we see Hydrogenated Palm Oil and Partially Hydrogenated Soybean Oil. ANYTHING that is hydrogenated or partially hydrogenated IS a trans fat. So how do manufacturers get away with this? Isn't that lying? Not according to the standards used for nutrition fact reporting which allow them to say there are no trans fats if there is less than 0.5g per serving.

- What is a serving? It's what the label says it is. A portion is what you serve yourself. Regardless of how many biscuits you eat, even if you just eat one you are still getting trans fats. Guaranteed. Because it's in the ingredients. And that doesn't even begin to address all of the other nutritionally damaging ingredients found in this product.
- Enriched flour is nutritionally deficient. Notice all of the ingredients after "wheat flour" in the parenthesis? Those are mostly B vitamins with some iron that are put back into the flour by federal mandate. But the flour is still missing all of the other ingredients which are stripped out in processing. And then it's bleached. Enriched anything is not a healthy choice.
- The dextrose is probably from corn and mostly likely genetically modified corn at that. The soybeans are probably also genetically modified. GMO foods are simply not a good choice for health. The citric acid is possibly also sourced from corn and therefore likely to be GMO as well.
- Artificial colors, yellow 5 and red 40. While it may not look like a colored item this canned biscuit product does have artificial colors. TBHQ, Propylene glycol alginate, artificial flavor, there's a huge array of chemicals in this product and it's not something that anyone should be consuming.

Sadly we often think that convenience foods are, well, convenient. We don't realize that in order for them to be shelf-stable and ready to go it means lots of chemicals and not a lot of nutrition.

# Soaked Flour Biscuits

## INGREDIENTS

- 2 cups gluten free flour blend (I like King Arthurs)
- 1 cup organic whole milk
- 1 tablespoon raw unfiltered vinegar
- 1/2 teaspoon baking powder
- 3/4 teaspoon sea salt
- 1 teaspoon baking soda
- 1/4 cup organic, unsalted butter, cut into slices



## INSTRUCTIONS

1. Mix vinegar and milk together and let sit 5 minutes until milk curdles slightly
2. Add to flour and oat mixture, combining thoroughly
3. Let sit 8 hours to soak
4. Preheat oven to 450 F
5. Sprinkle baking powder, salt, and baking soda over the flour mixture
6. Add butter and gently work butter into mixture to fully incorporate  
Don't over-mix the dough or your biscuits will be tough
7. Roll dough out on a lightly floured board to about 1" thickness
8. Cut biscuits out with a glass that has been dipped in flour (so it doesn't stick)
9. Place on baking tray
10. Bake 8-10 minutes until golden brown



## ***LOVING CRANBERRIES***

As you begin to plan your holiday menu chances are you'll be thinking about a wonderful fruit that only seems to make an appearance once or twice a year, cranberries. These deliciously tart fruits are grown on low shrubs in bogs. They're grown commercially in the Northern US and Canada with most of the crop being turned into juice, craisins (dried cranberries) or canned "sauce."

It is believed that Native Americans shared the berries with the starving Pilgrims in Massachusetts and this may explain part of its appearance on our Thanksgiving table.

It is unfortunate that cranberries don't play a larger role in our diet. These luscious red berries are high in fiber, a great source of vitamin C and also provide a lot of manganese and vitamin K. They are also high in anthocyanins and anti-inflammatory antioxidants. As if that wasn't enough, their health benefits range from improving cardiovascular health and supporting brain function to helping fight *H. pylori* and *E. coli* bacteria in the body.

Many folks are familiar with the use of cranberries as a treatment for urinary tract infections. One study, published in the *Scandinavian Journal of Nephrology and Urology*, found that *"daily consumption of concentrated cranberry juice can significantly prevent the recurrence of symptomatic UTIs in children."* It is important to note that this would be 100% cranberry juice with no added sugar, not cranberry juice cocktails which tend to be more popular.

## SWEET AND SPICY RECIPES

Cranberries are a versatile fruit, being useful for both sweet or savory purposes. There's the traditional cranberry sauce which everyone loves. After we moved to Texas we discovered a wonderful treat, cranberry salsa.

If cranberry makes an appearance on your holiday table, try making your own sauce instead of purchasing the over-processed jellied mass they sell in cans, it's not a lot of effort and it's so much tastier.

You can also buy extra cranberries (they freeze really well) to use throughout the winter in muffins, scones, or to include in salads.

# Cranberry Orange Sauce

## INGREDIENTS

- 1 C. water
- 3/4 C. evaporated cane juice crystals
- 3 C. cranberries
- 1 orange chopped fine (I use a Cuisinart)
- Generous pinch cinnamon
- Nutmeg (I use a nutmeg grater and shave several times)



## INSTRUCTIONS

*Note: One really delicious way to use leftover of this sauce isto add a dollop to a bowl of oatmeal*

# Cranberry Salsa

## INGREDIENTS

- 2 C. fresh cranberries
- 2 bell peppers
- 3 spring onions, minced
- 1/4 C. evaporated cane juice crystals
- 3/4 C. fresh cilantro, chopped
- Juice of one lime
- Generous pinch sea salt
- 1 t. crushed red pepper



## INSTRUCTIONS

- 1 Put cranberries and peppers into a food processor and chop well
2. Put mixture into a bowl and add remaining ingredients
3. Toss well and let sit at least 2 hours before serving for flavors to blend

*Note: This is a fabulous topping for a warmed brie with organic chips or crackers.*

# Gluten-Free Gravy

## INGREDIENTS

- 4 tablespoons of unsalted organic butter
- 4 tablespoons gluten free flour mix (I prefer King Arthur)
- 3 ½ cups bone broth
- ½ cup roasting pan juices
- sea salt and pepper to taste



## INSTRUCTIONS

1. Melt the butter in a large pan
2. Add the flour mix stirring to combine well
3. Turn heat down to medium
4. Add the bone broth and the pan juices
5. Stir to combine well
6. Stir constantly until gravy begins to thicken and bubble
7. Add salt and pepper to taste



## ***THE HEALING POWERS OF BONE BROTH***

Have you ever been told to eat a bowl of chicken soup when you're sick? I bet you have; it's truly an ancient tradition. But the truth is, not all chicken soups will do the trick. Especially those found in a can.

Traditionally chicken soup was made by simmering vegetables, meat, and bones to create a nutrient-rich broth (a.k.a. bone broth). However, most commercial soups today simply use broth made from water and chicken "flavor."

Bone broth has been used by humankind throughout the centuries for its rich flavor and healing powers. Many cultures use it to cure illnesses, such as colds and flu. In fact, bone broth is sometimes referred to as Jewish penicillin. It's also been prized for its ability to treat conditions related to the digestive tract, skin, joints, lungs, muscles, and blood.

Fortunately, bone broth is making a comeback.

It contains a soup (pun intended) of health promoting nutrients in highly absorbable forms. Thus, it's much more potent, and enjoyable, than taking a variety of synthetic supplements.

Below are several key nutrients in bone broth along with their health benefits:

- Minerals are essential to life. They play many important roles in our bodies, such as nerve signaling and the initiation of most enzymatic processes in our bodies. They also impact the health of our digestive system, heart, cells, and bones. Bone broth is rich in calcium, magnesium, phosphorus, silicone, sulfur, and a variety of trace minerals.
- Amino acids are the building blocks of proteins and have numerous responsibilities when it comes to our health. Bone broth specifically contains high concentrations of glycine and proline. Glycine acts as an antioxidant, which protects our cells from free radical damage. It also aids in detoxification as well as wound healing, digestion, sleep, memory, and performance. It keeps our muscles strong and is used to make glutathione (another powerful antioxidant). Proline is essential for healthy skin and joints. It also helps to repair the lining of the digestive system.
- Collagen is a protein found in bones as well as other connective tissues. Its name comes from the word "kolla," which means glue. Essentially, its main role is to hold the body together. When collagen dissolves in water, it forms gelatin. Gelatin has been studied extensively and is often used to heal and soothe the digestive tract, support bone health, overcome food allergies and sensitivities, improve digestion and detoxification, and boost the body's natural production of collagen.
- Glucosamine lubricates our joints and provides a cushion within them. Expensive supplements are often used to treat conditions involving bone and joint pain, but bone broth is an all natural (and effective) alternative.
- Along with glucosamine, chondroitin sulfate supports healthy bones and joints. But it's also essential for heart and skin health as well as maintaining optimal cholesterol levels.

- Bone broth can be made using beef, poultry, lamb, pork or fish bones. There are many recipes available online. This recipe is an easy to make chicken bone broth:

1 whole organic chicken or 2 to 3 pounds of bony chicken parts, such as carcass, necks, and wings plus gizzards  
2-4 chicken feet  
4 quarts cold filtered water  
2 T raw apple cider vinegar  
1 large onion, coarsely chopped  
2 carrots, coarsely chopped  
3 celery stalks, coarsely chopped  
2 cloves garlic  
2 shitake mushrooms  
1-2 pieces kombu seaweed  
1" piece of turmeric root, sliced (or 1/2 tsp turmeric powder)  
2 bay leaves  
12 peppercorns  
1 bunch parsley

If using a whole chicken, cut off the wings and remove the neck, fat glands and the gizzards from the cavity. Cut chicken parts into several pieces.

Place other ingredients into a cheesecloth or jelly bag for easy removal later. Otherwise place carcass and parts in a large stainless steel pot with water, vinegar and all ingredients except parsley.

Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 12-18 hours. The longer the stock cooks the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.

If using a whole chicken, let cool and remove chicken meat from the carcass. Reserve for other uses, such as chicken salads, enchiladas, sandwiches or curries. Strain the stock into a large bowl and reserve in the refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in the refrigerator or freezer.

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