



Cooking for One or Two: Creative Use of Leftovers

Planning for leftovers can make meal preparation easier, reduce food waste and form the basis of many economical, time saving meals.

Leftovers can spoil quickly, so take care to preserve nutrients and keep the food safe to eat. Immediately place leftovers in covered containers in the refrigerator and use within two or three days. Leftovers can also be frozen and used within two or three months. Be sure to label and date all packages, and use the oldest ones first.

Some ideas to get you started

Just about anything left over can go into a stir-fry, casserole, soup or salad. Can't finish the whole tin of soup? Use it in sauces, gravies and casseroles. Be creative!

Vegetables

- ⚙ Cook a bunch of broccoli, a head of cauliflower or larger amounts of other vegetables. Eat one serving hot; marinate some in vegetable oil, vinegar and spices and add to a salad; use the rest in an omelette, pasta dish, soup or casserole.



- ⚙ Top casseroles with sliced potatoes.

Grains

- ⚙ Chill leftover pasta for pasta salad, soups or casseroles.
- ⚙ Use rice in rice pudding, soups, casseroles.
- ⚙ Make individual sized pizza crusts from tortillas, English muffins or pita breads.
- ⚙ Use dried bread to coat chicken or fish, as casserole topping, in bread pudding or as croutons (cube, sprinkle with spices and toast in oven) for salads or soups.



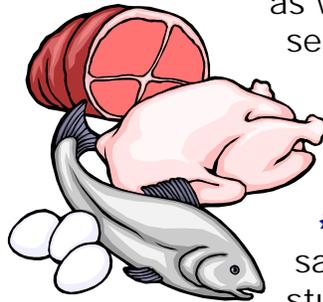
Fruit



- ⚙ Sprinkle fresh, frozen or dried fruit over cereal or add to pancakes or waffles.
- ⚙ Use fruit in salads or combine for a fruit salad.
- ⚙ Mix with yogurt or cottage cheese.
- ⚙ Add to baked goods such as muffins or sweet loafs.
- ⚙ Freeze overripe bananas and use in loafs and muffins.

Meat and alternatives

- ⚙ Serve spaghetti and meat sauce over noodles one day, then add kidney beans, chopped vegetables (fresh, frozen or leftover) and chili seasoning for another meal.
- ⚙ Fry ground beef, use in a casserole and freeze the rest for chili or stuffed peppers.



- ⚙ Bake larger pieces of meat such as whole chicken, ham or beef, serve hot and use the leftovers in stir-fries, hearty soups, casseroles, sandwiches or salads.
- ⚙ Use chicken, tuna or egg salad in sandwich one day and stuff the extra into a tomato or a green, yellow or red pepper the next.

