



Makeover Your Leftovers

Using leftovers is a great way to minimize food waste and save time. Larger meals can be prepared earlier in the week and leftovers can be used later in the week or put in the freezer. The following ideas are ways to makeover your leftovers.

Cooked Rice: Leftover rice can be used to make rice pudding and fried rice, or added to meatballs, soups and casseroles. It can also be frozen. You may need to add a small amount of liquid when reheating leftover rice. See the “Vegetarian Fried Rice” recipe to turn your leftover rice and vegetables into a tasty meal.

Bread: If your bread, leftover rolls, hamburger or hot dog buns are getting a little dry, consider making bread pudding or letting them dry out so you can make your own bread crumbs. Use your day-old bread to make French toast. If you have one or two hamburger or hotdog buns left in the package, use them to make cheesy toast by spreading with soft margarine, topping with any kind of cheese and broiling in the oven until cheese is melted and lightly browned.

Pasta: Use leftover pasta in a pasta salad or casserole. Freeze for later use in casseroles, soups, vegetable dishes, or as a side dish with a sauce.

Fruit: Leftover canned or fresh fruit can be added to salads or pureed and used as pancake or ice cream topping. It can be mixed with yogurt, cottage cheese, or pudding. Leftover fruit can also be used in baked goods such as muffins or quick breads. Overripe bananas can be used to make banana bread or muffins, or frozen and used in fruit smoothies. Fruit juice can be frozen in ice cube trays and used for flavoring and chilling fruit drinks.

Vegetables: Use leftover raw or cooked vegetables in soups, salads, omelets, pasta dishes and casseroles. Leftover baked potatoes can be cut up and fried in a pan, used to make a quick potato casserole or potato soup, or the potato pulp can be scooped out and used to make twice baked potatoes. Chopped raw onions, celery, or green peppers can be frozen in freezer bags or containers for use in soups, stews or casseroles.

Baked Beans: Leftover baked beans can be used in casseroles or to make chili.

Roasts: Leftover roast can be sliced to make sandwiches or shredded for use in tacos, enchiladas or barbecued meat. This meat could also be cubed and used to make beef and noodles or frozen for use in casseroles.

Steak/Chops: Leftover steak or chops could be thinly sliced and used to make fajitas (cook with onions, peppers and fajita seasoning). Make a sandwich by topping meat with sautéed peppers, onions, and cheese. Top a tossed salad with sliced steak for a quick meal.

Know how. Know **now.**

Turkey or Chicken: Leftover chicken or turkey can be used in casseroles, soups, tacos, or enchiladas. The meat can also be thinly sliced to make sandwiches or it can be shredded to make chicken/turkey salad sandwiches. It can also be cubed to make chicken/turkey and noodles or frozen for later use in casseroles or soups.

Ham: Leftover ham can be used to make ham and cheese sandwiches (either hot or cold), or it can be sliced, frozen, and used later for sandwiches. It could also be cubed and used in casseroles or soups.

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 one to two days. Leftovers can also be frozen and used within 2-3 months.

Vegetarian Fried Rice

Makes 8 servings

2 eggs, beaten
2 Tablespoons cooking oil
1 onion, chopped
2 carrots, sliced
1 cup any chopped fresh or frozen vegetable (broccoli, celery, zucchini)
3 garlic cloves, minced
4 cups cooked rice
1/4 cup soy sauce
1/2 teaspoon ginger
1/4 teaspoon black pepper

1. Heat 1/2 teaspoon of cooking oil in large skillet over medium heat.
2. Add eggs and "scramble". Cook eggs until no longer runny.
3. Remove eggs from skillet and set aside.
4. In same skillet, heat remaining oil.
5. Add chopped onion, sliced carrots, chopped vegetables, and minced garlic.
6. Cook until tender (about 2 minutes).
7. Stir in remaining ingredients and cooked eggs.
8. Cook until heated through (about 2 minutes).

Nutrition Information per Serving: 200 calories, 5 g fat, 0.5 g saturated fat, 55 mg cholesterol, 300 mg sodium, 32 g carbohydrates, 2 g fiber, 2 g sugar, 5 g protein, vitamin A 40%, vitamin C 20%, calcium 4%, iron 10%

Sources: Cooking for One or Two: Creative Use of Leftovers www.dietitians.ca/resources/SF9.htm Dietitians of Canada
Nutrition resources

Easy and Fun Cooking for One or Two, North Dakota State University Extension Service
www.ext.nodak.edu/extpubs/yf/foods/fn521w.htm