

Repurposing Leftovers



Hate having leftovers go bad in the fridge, but don't want to eat the same thing twice? Most leftovers can be transformed into new, delicious dishes instead of going to waste. If you end up with leftover food after a meal, try to pack up starches, meats, and vegetables separately for easier use. Here are some ideas to put common leftover foods to use.

Whole grains

If left plain, grains (rice, farro, quinoa, barley, etc) can easily be cooked like fried rice, made into cold grain salads, or warm breakfast cereal (just add milk, cinnamon, and a touch of sweetener). You can even blend cooked grains into smoothies!



Noodles

Cooked noodles can be added to casseroles, stir-fries, or soups. Try making lo mein with leftover spaghetti, or cold macaroni salad with other pasta shapes.

Meat

Leftover meats can be sliced thin for sandwiches, chopped and added to burritos or wraps, or added to soups and stews.

Vegetable Sides

Cooked vegetables make a great filling for quiche or quesadillas, addition to fresh salads, or topping for pizza and tacos.

Baked Frittata

INGREDIENTS

1 tbsp vegetable oil
1 tbsp butter
5 eggs
1 or 2 cooked potatoes, diced
1/2 c leftover meats (shredded chicken, chopped ham, etc.)
¼ c cooked vegetables, finely chopped
Fresh herbs, finely chopped (optional)
Salt & pepper

DIRECTIONS

Preheat oven to 350 °F. In a medium oven-safe pan, heat oil over medium heat. Add potatoes and meat and sauté until lightly browned. Remove from pan and set aside. Add butter to pan and reduce heat to low. Add eggs and whisk briefly to break yolks, then add vegetables and a handful of herbs (optional). Season with salt and pepper. Add potatoes and meat,

turn off heat and move pan to the oven. Bake 10-12 minutes, or until center is firm and top is lightly browned. Cool slightly before serving. Serves 4.

Adapted from *Scraps, Wilt + Weeds* (Refslund, 2017)



lovin'
spoonfuls
a food rescue

