

“I need some ideas about leftovers. How can I use them up in a healthy way?”

Try using some of these ideas the next time you have extra food.



Ever wonder what to do with the leftovers? Making creative, healthy meals from your prepared foods is simple, and saves time and money. Below are some preparation tips and recipe ideas.

Healthy recipe ideas:

- A roast or a whole roasted chicken will usually provide plenty of extra servings. Use them to make a pasta dish, a casserole, soup, salad, stir fry dish or sandwich.
- Turn whole wheat spaghetti into a baked pasta meal using low fat mozzarella and part skim Ricotta cheeses layered with cooked spinach.
- Sauté brown rice, beans and cooked veggies for a meatless protein-packed meal. You can also add chicken, beef or pork.
- Blend brown rice and vegetables together, and form into patties for a homemade veggie burger.
- Quesadillas can easily be created using whole wheat tortillas, low fat shredded cheese, chicken, veggies, or other meat you have already prepared.
- Use fish to make a light chowder with broth and milk; or a tortilla with lettuce, tomatoes and onions.
- Increase the number of portions by adding frozen or fresh vegetables to any dish. Take half the amount of pasta and add a package of cooked spinach, broccoli, peas or carrots.
- Add in small amounts of fruits and healthy nuts to salads or sandwiches.
- Leftover vegetables can be diced and added to omelets, soups and stir-fry dishes.
- Sauté carrots, zucchini, summer squash and spinach. Layer with noodles, tomato sauce and low fat cheeses for a healthy lasagna.

Healthy preparation tips:

- Choose low sodium, low fat broths or stocks. Try using half the amount of oil and adding broth when sautéing vegetables or meats.
- Limit butter. Instead, use healthy oils such as olive or canola. Monounsaturated and polyunsaturated fats found in these oils are good for your health.
- Choose whole grain rice, pasta or breads to provide extra fiber.
- Cut up fresh herbs and add to dishes for a flavor boost without using salt.

There are many ways to transform your leftovers into delicious new meals or snacks.

