

REPURPOSING LEFTOVERS



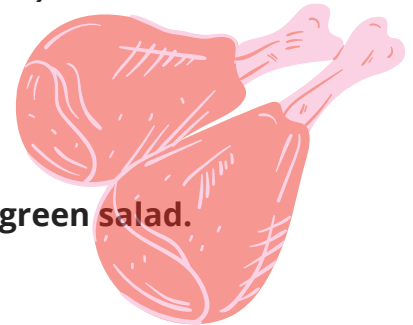
What to do with leftover cooked proteins? Often times leftover meat sits in the fridge without a purpose or it get dry and less palatable when reheating it. Here's some great ideas to help you reuse protein in another meal!

Ground Meat

- Season with salsa and spices and make a taco, quesadilla, or tex-mex style casserole
- Combine with rice and spices and stuff a mushroom, zucchini or other vegetable and bake in the oven
- Add to tomato sauce and create Bolognese over pasta
- Season it with thai chili sauce, ginger, garlic and other spices and make an asian style lettuce wrap or rice bowl and combine with finely chopped fresh vegetables

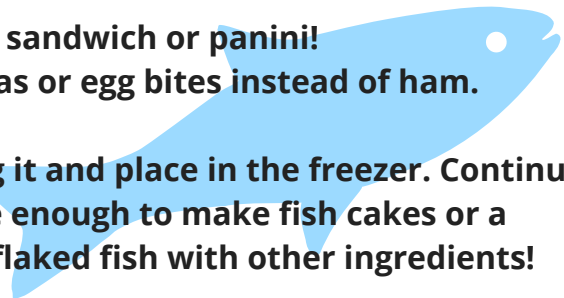
Shredded Meat (Chicken, Pork, Beef)

- Add to soup
- Add mayo and spices and make a shredded meat salad for sandwiches
- Season with salsa or spices and toss it in a taco
- Combine with cheese (and even fine chopped veggies) and make a quesadilla
- Add bbq sauce and top a baked potato or bun



Whole Muscle Meats

- **Chicken Breast**
 - Chop and make chicken salad or place it over a green salad.
 - Chop and make a greek chicken pita or wrap.
- **Beef**
 - Slice it thin and make a philly cheesesteak or other hot sliced beef sandwich.
 - Dice or slice and add to soup or pho.
- **Pork loin**
 - Slice thin and make a Cuban style sandwich or panini!
 - Dice and add it to omelets, frittatas or egg bites instead of ham.
- **Fish**
 - Remove any sauce and simply beg it and place in the freezer. Continue to add leftover fish until you have enough to make fish cakes or a stuffed mushroom by combining flaked fish with other ingredients!



REPURPOSING LEFTOVERS

Did you over purchase fruit and end up with too much and it's going bad before you can eat it?

- Microwave and mash into a sauce or puree and use in **oatmeal**, add to sauce, or as a topping over yogurt or desserts.
- Dice it, lay on a sheet pan and freeze. Once frozen place **it into** Ziploc bags, this helps prevent the pieces from sticking together **and makes** it easier to use smaller quantities. Then use the frozen fruit in smoothies, baked goods, desserts, or any other way you desire!
- Make a fruit infused water, simply blend the fruit, add water and enjoy !

Leftover Rice or Grains?

- Mix with ground meat and finely chopped vegetables and make something new like meatballs, spaghetti sauce, stuffed vegetables.
- Freeze it into 1 cup portions and pull it out and microwave next time you need rice.

Leftover vegetables?

- Make yourself a rice or grain bowl with a variety of veggie toppings, protein, and flavor!
- Add roasted veggies into a wrap with hummus or goat cheese and something with flavor like pesto or harissa!
- Created a chilled roasted vegetable salad, top your greens with these veggies!
- Pickle all the odds and ends laying around, simply chop them up, make a brine (or put them in old pickle juice) and let them sit in the fridge for 1-2 days to absorb the flavor.
- Puree everything and put it into a tomato sauce over spaghetti.
- Make pesto from any type of dark leafy green or herb, think cilantro, mint, basil, kale, arugula, and a non-traditional idea - asparagus stems.
- Avocados that may be a bit too ripe to slice and eat - make guacamole and place in the freezer in an airtight bag.
- Too much pico - simply cook it and make a tomato based **salsa that will stay fresh** a few more days!
- Add veggies to leftover rice and make fried rice and **top it with protein** or eggs to make a full meal.
- Chop everything really small and put it into chili!

REPURPOSING LEFTOVERS

Old bread that's crusty, but not moldy?

- Breadcrumbs for making other products (you can store in the freezer)
- Croutons, toss with oil and spices and pop in the oven until golden brown
- French Toast - soaking bread with milk and eggs and then cooking it will take away all the hardness of the bread
- Stuffing or bread pudding



Other Quick Meal Ideas

- Pizza: spread sauce, veggies and cheese on just about anything - tortillas, Portobello mushrooms, sliced sweet potatoes and bake!
- Stir-Fry: Sauté leftover vegetable with onion, garlic, ginger, add protein, and soy sauce and drop it over a grain of your choice!
- Omelets/Frittata: you can add just about anything to eggs and turn it into a delicious meal, veggies, grains, dark greens, proteins, and more.

