

Cook Once, Eat Twice

How To Make The Most out of Every Meal – Yes, We're Talking Leftovers!

These days, you may not only find yourself cooking more often, you may find yourself brainstorming ways to make the meals you create last longer – and that's where leftovers come in. If you think of leftovers as a soggy reminder of a great meal – think again. Below are some creative ideas from our dietitian team for cooking with leftovers in mind, and creating delicious new meals that will save you time and money.

Double the recipe.

Intentionally cooking more than you need to will leave you with extra meals for another day. For instance, if your recipe typically makes 4 servings, double it to make 8. Then you can decide when you're going to enjoy the leftovers. Most leftovers can be stored in the fridge for a few days in the fridge, so if you don't think you'll use them up by then, store them in sealed containers in the freezer instead.

Make meal planning a priority.

Planning ahead can help minimize the time and effort needed during the week to come up with new meals. Try sitting down at the beginning of each week and making a list of meals or recipes you'd like to make, and plan for using up leftovers or using similar ingredients to make multiple meals.

Use dinner leftovers for packed lunches.

Many leftovers will quickly reheat well for lunch the next day, or can even be enjoyed for breakfast. Some versatile leftovers may include pizza, quesadillas, stews and stir fries, or sandwiches. Use the leftovers as the main course and add in a side of fresh fruits and veggies to round out a healthy lunch to go.

Think about how you can repurpose meals before you make them.

Grilled chicken or baked tofu may be enjoyed in a hot meal on day one, and then sliced and tossed into a cold salad or layered onto a sandwich for day two. Leftover greens from a salad can be added to a smoothie or sautéed with a grain. Leftover chopped veggies used in a stir fry or as a side dish one night can be baked into a quiche or stirred into a soup the next night. Be creative and think ahead.

Have a leftover buffet.

This one is exactly how it sounds, and can be especially fun for kids. Simply reheat, or re-dish, leftovers from multiple meals to create a leftover buffet. Everyone can choose what leftovers

they'd like to eat. If you need more bulk, you can add fruits and veggies on the side that are easy for grabbing.

For more ways to cook with leftovers in mind, visit your local in-store ShopRite dietitian, or head over to ShopRite.com and check out "The Recipe Shop" for terrific recipes you can customize to your liking.