

STRETCHING YOUR INGREDIENTS

PLAN TO USE FOODS AND INGREDIENTS IN MORE THAN ONE MEAL TO SAVE MONEY AND AVOID WASTING FOOD.



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| Breads | <ul style="list-style-type: none"> • Make bread pudding, French toast, stuffing, or croutons. |
| Rice | <ul style="list-style-type: none"> • Make rice pudding. Or, add to soup and casseroles. |
| Pasta | <ul style="list-style-type: none"> • Make pasta salad or casseroles. |
| Fruits | <ul style="list-style-type: none"> • Combine for a fruit salad. • Use in muffins, quick breads, and pancakes. • Bake into cobblers, crisps, or squares. • Top hot or cold cereals with slices of fruit or berries. • Freeze to use in smoothies. |
| Vegetables | <ul style="list-style-type: none"> • Toss with cold pasta and light dressing for pasta salad. • Use in soups or stews. • Combine for a mixed vegetable salad. |
| Milk | <ul style="list-style-type: none"> • Use in baked goods such as muffins or quick breads. |
| Yogurt | <ul style="list-style-type: none"> • Use plain yogurt in place of sour cream in recipes. • Use to make veggie or fruit dip. |
| Cheese | <ul style="list-style-type: none"> • Use as a topping for vegetables, salads, soups, or casseroles. • Use in quiche or toss with pasta. • Keep frozen until needed. |
| Meat | <ul style="list-style-type: none"> • Slice for sandwiches. • Use in meat sauces, stuffed peppers, chili, or soups. • Use in stir-fry with leftover veggies. • Use to make a chef salad. |
| Chicken | <ul style="list-style-type: none"> • Slice for sandwiches or make chicken salad. • Use in a soup, casserole, or stir-fry. • Use the bones to make stock. • Shred and use to top a veggie salad. |
| Eggs | <ul style="list-style-type: none"> • Make egg salad sandwiches. • Add to salads. • Make a fritatta. |
| Beans | <ul style="list-style-type: none"> • Reheat, mash, and spread on tortillas with other toppings. • Toss in salads. • Use in chili, soups, casseroles, and stews. • Make bean dip to eat with crackers or veggies. |