



Senior Friendly™

Ideas for Healthy Eating



Cooking for One or Two People: Creative Use of Leftovers

Planning for leftovers can make meal preparation easier, reduce food waste and form the basis of many economical, time saving meals.

Leftovers can spoil quickly, so take care to preserve nutrients and keep the food safe to eat. Immediately place leftovers in covered containers in the refrigerator and use within two or three days. Leftovers can also be frozen and used within two or three months. Be sure to label and date all packages, and use the oldest ones first.

Some ideas to get you started

Just about anything left over can go into a stir-fry, casserole, soup or salad.

Can't finish the whole tin of soup? Use it in sauces, gravies and casseroles.

Be creative!

Vegetables and Fruit

- Cook a bunch of broccoli, a head of cauliflower or larger amounts of other vegetables. Eat one serving hot; marinate some in vegetable oil, vinegar and spices and add to a salad; use the rest in an omelette, pasta dish, soup or casserole.
- Top casseroles with slices of left-over cooked potatoes.
- Use cut-up fruit on cereal, to top pancakes or waffles, in fruit salad, mixed with yogurt or cottage cheese, or add it to baked goods such as muffins or sweet loafs.
- Freeze overripe bananas and use in loafs and muffins.
- If you bought too much fruit, use the leftovers to make jam, compote, chutney or fruit sauces (like apple sauce).
- Puree cooked vegetables with broth and/or milk for a quick soup.
- Add any combination of vegetables into a pasta dish, gratin, salad, lasagna or quiche.
- Place leftover tomato paste in a plastic bag, squeeze it flat and freeze. Break off the paste a bit at a time to enrich sauces.
- Use leftover stir-fried vegetables on a sandwich or in an omelette.
- Blend leftover fruit into a smoothie (blend milk and fruit).





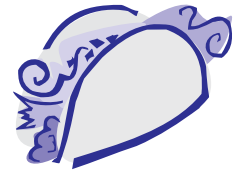
Grain Products

- Chill leftover pasta for pasta salad, soups or casseroles.
- Use rice in rice pudding, soups, casseroles.
- Make individual sized pizza crusts from tortillas, English muffins or pita breads.
- Crumble dried bread to crumbs to coat chicken or fish, or as casserole topping.
- Use dried bread in bread pudding or cube as croutons (sprinkle with spices and toast in oven) for salads or soups.

Meat and Alternatives

- Serve tomato or meat sauce over noodles one day, then add beans, chopped vegetables (fresh, frozen or leftover) and chili seasoning for another meal.
- Saute ground beef, use in a casserole and freeze the rest for chili or stuffed peppers.
- Bake larger pieces of meat such as whole chicken, ham or beef, serve hot and use the leftovers in stir-fries, hearty soups, casseroles, sandwiches or salads.
- Use chicken, tuna or egg salad in sandwich one day and stuff the extra into a tomato or a green, yellow or red pepper the next.
- Turn leftover roast and potatoes into tomorrow's shepherd's pie.

- Turn leftover salmon into salmon cakes or use as a filling for pita with sliced tomatoes, lettuce, red peppers and cucumber.
- Roasts can be minced and used as fillings for ravioli, burritos, crepes, stuffed vegetables, cannelloni and more.
- Add extra liquid and sautéed onions when making pot roast for tomorrow's French onion soup.
- Use leftover chicken or turkey in tomorrow's sandwich. Use whole slices or make chunky chicken salad by adding mayonnaise, celery, onion and other vegetables you enjoy.



A note on food safety:

To ensure your food remains safe to eat, only reheat leftovers one time. Heat food thoroughly to at least 140°F (60°C). Ensure soups are brought up to a boil before you eat them.

Dietitians provide food and nutrition information you can trust. Find a dietitian in your area at www.dietitians.ca/find or call 1-888-901-7776.



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