TIPS ON USING LEFTOVERS

Using leftovers helps to avoid wasting food, saves money and makes meal planning easier. Here are some of our tips to help you rethink your leftovers and get creative in the kitchen!

SMART PLANNING TIPS

- **Make more:** Cook additional portions specifically for repurposing (e.g., the broccoli for today's omelettes can be worked into tomorrow's crêpes).
- **Assess your inventory:** Regularly check what base ingredients you have available and what you could make out of them.
- **Embrace creativity:** Use recipes as inspiration and adapt them based on what you have on hand. Involve students by asking for their ideas.
- **Put nutrition first:** Make sure your creation is aligned with BCC's Nutrition Guidelines, with at least one protein food, one whole grain food and one vegetable or fruit.
- **Practise food safety:** Store leftovers properly and consume them within appropriate timeframes.
- **Freeze:** Leftovers that can't be used now can be frozen for another time

CREATING YOUR OWN RECIPES

Use this section to create balanced breakfast combinations:

- Identify leftovers to cook: eggs, day-old or slightly dry bread, fruit, tortillas, yogurt, waffles, cereal, cheese, vegetables, etc.
- Complete the breakfast by making sure to include at least one food from each of the three food groups.
- Determine the method: Bake, blend or assemble your ingredients, or have students assemble their own breakfast.
- Good leftover creations come from experimenting with what you have. Trust your taste buds and try unexpected combinations!

INGREDIENT SUBSTITUTIONS

Use this scale to determine the best way to use an ingredient based on its freshness.

EGGS



For the equivalent of 1 egg

↑↓

Chia seeds or **ground flax seeds**: 1 tbsp (15 ml) seeds + 3 tbsp (45 ml)

↑↓

Applesauce (¼ cup (60 ml)

↑↓

Mashed bananas (¼ cup (60 ml)

↑↓

Plain yogurt (¼ cup (60 ml)

MARGARINE



↑↓

Greek yogurt (for a lighter texture)

↑↓

Butter

↑↓

Vegetable oil

COW'S MILK



↑↓

Fortified soy beverage

↑↓

Another **plant-based beverage**

*Remember that most plant-based beverages do not provide enough protein to be considered protein foods; whereas milk and soy beverages do.

BUTTERMILK



For the equivalent of 1 cup of buttermilk

↑↓

1 cup (250 ml) **milk** + 1 tbsp (15 ml) **vinegar**

BAKING POWDER



For the equivalent of 1 tsp (5 ml) of baking powder

↑↓

(½ tsp (2.5 ml) of **baking soda**

For recipe ideas, check out our leftover-friendly recipe booklet

FRESHNESS SCALE

Use this scale to determine the best way to use an ingredient based on its freshness.



BREADS

Fresh: Sandwiches, toast

Slightly stale: French toast, bread pudding, grilled burritos, breakfast strata, tortilla chips

Very dry: Breadcrumbs, bread pudding



VEGETABLES

Crunchy: Fresh veggies with dip, omelettes, wraps

Softened: Frittatas, savoury muffins, breakfast burritos

Wilted: Smoothies, blanched and frozen for later use



FRUITS

Crunchy: Whole or sliced fruit, fruit salad

Slightly ripe: Applesauce/fruit compote, pancake fillings

Very ripe: Smoothies, jam, pastries, fruit coulis, frozen for later use



CHEESE

Fresh: Sliced, dices, in a side dish

Dry: Grated into muffins, crêpes, quiche, wraps, etc.

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