

9 Reinvent leftovers – or compost them.

Leftovers are the unsung heroes of the kitchen. Instead of cursing them for filling the fridge, use them in your next cook-up. They make it easy to whip up a delicious meal in minutes, and sometimes they're even tastier after a day in the fridge than when you first cooked them.

Use the remains of last night's meal as the basis for tonight's. Add a salad or side veg or get creative and use it as a base for a new dish. And if an ingredient gets beyond using, start a compost bin. In some urban council areas, there is one provided.

USING LEFTOVERS:

- > **saves money** – Australians are estimated to throw away between \$1000 and \$3800 worth of food each year
- > **saves time** – using leftovers is a simple way to keep cooking quick and easy
- > **is good for your health** – the food we waste is often packed with protein, vitamins and minerals.

HERE ARE SOME THINGS TO THINK ABOUT DOING WITH COMMON LEFTOVER INGREDIENTS.

Soft carrots or sweet potato Cut into chunks and microwave for 3 minutes then add to mashed potatoes with some butter and wholegrain mustard. Or bake as for pumpkin and potato.

Risotto Make arancini – roll pieces of leftover risotto into balls, dip first in flour, then egg and finally breadcrumbs (from leftover bread!), then shallow-fry.

Lasagne Reheat – it's better the next day anyway.

Chickpeas Add to your lunch salad. Blend to make hummus.

Herbs Chop and freeze. Tie the stems together, hang upside down to dry, then crumble off the leaves and store in a jar. Add to vinegar or oil.

Tomato sauce (homemade) Make a pizza. Add to spaghetti.

Meat bones Make stock or a soup.

Cooked pasta Use in a frittata. Make a pasta bake.

Eggs (whites, yolks or whole) Add to a frittata. Make a quick omelette.

Roast veg Eat for lunch the next day or use in a frittata.