

Tips for creatively using leftovers

Making enough for dinner so that you have leftovers is a great way to maximize the time you spend in the kitchen. But sometimes we can get bored with that... so it's nice to have options to use your leftovers in different ways.

One of my favorite things to do is take leftover steamed or roasted vegetables that I had with rice, and have it on salad greens with a drizzle of dressing.

I also like putting leftover vegetables together into a soup, and using salad dressing or bean dip as the flavoring for the broth.

Another favorite way to have leftovers is to put it in a wrap (whole grain or just a leafy green like napa cabbage or swiss chard).

If you cook a big batch of brown rice, quinoa, or other whole grains and leave it plain, you can use it in a whole variety of ways:

- toss it into a salad
- stir it into a soup
- make it into veggie burgers
- have it with non dairy milk as cereal/porridge
- put it in a smoothie
- make it into a pizza crust
- top it with some tomato sauce (use instead of pasta)
- make it into cookies or muffins
- puree it with seasonings into a sauce

You can do a lot of the same things with a big batch of beans or lentils, but they're also good for making into dips or brownies.
