

# stretching ingredients

By planning to use foods and ingredients in more than one meal, you can save money and prevent food waste. Most foods can be used in a variety of ways – the ideas below are a good place to start experimenting with stretching your ingredients!

<p><b>bread</b>s</p> <ul style="list-style-type: none"><li>• Make French toast, mini pizzas, or stuffing.</li><li>• Bake to create homemade breadcrumbs or croutons.</li><li>• Freeze or store in the fridge to extend its life.</li></ul>	<p><b>bean</b>s</p> <ul style="list-style-type: none"><li>• Swap into recipes calling for protein to use less meat.</li><li>• Toss in salads.</li><li>• Blend into bean dip &amp; eat with crackers or veggies</li></ul>	<p><b>rice</b></p> <ul style="list-style-type: none"><li>• Add to soups and casseroles.</li><li>• Make rice pudding or fried rice.</li><li>• Add herbs to add flavor and serve as a side dish.</li></ul>
<p><b>pasta</b></p> <ul style="list-style-type: none"><li>• Make pasta salad.</li><li>• Use as the base for casserole.</li></ul>	<p><b>fruit</b>s</p> <ul style="list-style-type: none"><li>• Create a fruit salad.</li><li>• Slice on top of hot oatmeal or cold cereal.</li><li>• Add as a topping to yogurt.</li><li>• Freeze to use in smoothies.</li></ul>	<p><b>vegetable</b>s</p> <ul style="list-style-type: none"><li>• Toss with cold pasta and light dressing for pasta salad.</li><li>• Use in soup or stews.</li><li>• Steam, roast, or serve fresh as a side dish.</li></ul>
<p><b>yogurt</b></p> <ul style="list-style-type: none"><li>• Use plain yogurt in place of sour cream in recipes.</li><li>• Use as the base for a veggie or fruit dip.</li><li>• Add to smoothies for extra creaminess.</li></ul>	<p><b>meat</b></p> <ul style="list-style-type: none"><li>• Slice for sandwiches.</li><li>• Use in meat sauces, soups, stuffed peppers, or chili.</li><li>• Use in stir-fry with leftover veggies.</li><li>• Use to make a salad.</li></ul>	<p><b>cheese</b></p> <ul style="list-style-type: none"><li>• Use as a topping for vegetables.</li><li>• Use in baked egg dish or top with pasta.</li><li>• Keep frozen until needed.</li></ul>
<p><b>chicken</b></p> <ul style="list-style-type: none"><li>• Make sandwiches with sliced chicken.</li><li>• Use in a soup, casserole, or stir-fry.</li><li>• Shred and use to top a veggie salad.</li></ul>	<p><b>egg</b>s</p> <ul style="list-style-type: none"><li>• Make egg salad sandwiches.</li><li>• Add to salads.</li><li>• Make a frittata.</li></ul>	<p><b>milk</b></p> <ul style="list-style-type: none"><li>• Use in baked goods such as muffins or quick breads.</li><li>• Freeze in an ice cube tray and use in smoothies.</li></ul>

**Chef Tip:** Save chicken bones and veggie scraps to make homemade broths and stocks. Simmer chicken bones in water for 4-6 hours to make broth. Simmer veggie scraps in water for 45 minutes to make veggie stock (this works best with onion skins, carrots tops and celery ends).