

How To Use Common Leftovers

Reimagining Your Leftovers

Always Hungry? Book Meal Planning Presentation

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*Always Hungry Solution Presentation: Leftovers: How to Use Common Leftovers
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Meet Your Instructor

Chef Kenzie has been working with Chef Dawn since 2019 developing recipes and classes for the AH community

She previously developed recipes for Canada-wide cookbooks as well as team Canada Olympic athletes

Kenzie is currently a body positivity/mental health advocate and anorexia survivor

Favorite quote from Dawn - "If it's not delicious, it's not worth it!"



Chef Kenzie Osborne

Chef, AH Program Developer, AH Recipe Developer, AH Coach

What Will You Learn in this Class?

Three Go-To Leftover Strategies

- Learn Chef Kenzie's top three go-to strategies for reimagining her leftovers.

Using Leftovers in New Ways

- Reimagine a few common leftover ingredients (suggested by our Facebook Group)

Pantry Staples

- Learn the staples that Chef Kenzie always keeps on-hand to prepare quick-and-easy meals using leftover prepared foods.

Three Go-To Strategies to Use Your Leftovers

Chef Kenzie's favorite go-to ways to reimagine her leftovers.

Three Go-To Strategies for Reimagining Leftovers

1. Make a Quiche

- a. Eggs are relatively neutral in flavor, rich in fat, and can be prepared in many ways. Mixing leftover stir-frys or casseroles with raw eggs can make a tasty morning egg hash or quiche. If you're making a quiche or frittata, be sure to strain out any excess liquid from your leftover before mixing them with the eggs. Too much liquid can prevent the eggs from setting properly.

2. A Few Examples...

- a. Leftover burger meat (crumbled) + eggs (blended with beans for a slow carbohydrate) + leftover chopped vegetables = quiche (serve with guacamole or mayo)
- b. Leftover bean-based pasta + bacon + eggs + sun-dried tomatoes (canned in oil and drained) = quiche
- c. Leftover chicken (shredded or chopped) + eggs + white beans + vegetables/herbs = quiche (serve with olive oil-based dressing)

Three Go-To Strategies for Reimagining Leftovers

1. Blend it Out

- a. Blending vegetarian-based dishes can make tasty hummus-like dips, spreads, or soups.
 - i. Blend leftover bean- or tofu-based vegetarian casseroles or stir-frys into a thick dip.
 - ii. Blend leftover sautéed or roasted vegetables with white beans, chickpeas, or firm tofu to make a dip or spread.
 - iii. Blend leftover vegetables with coconut milk and/or stock to make a quick-and-easy soup.

2. A Few Examples...

- a. Chickpeas + leftover tofu + leftover vegetables + avocado = blend into a dip
- b. Leftover cheese dip + tofu + white beans + cooked red pepper (or sweet vegetable) = blend into a dip (may need to add more fat such as mayo or oil, depending on fat content of leftover cheese dip and cooked vegetables)
- c. Leftover quiche (with or without crust) + mayo = blend into a dip
- d. Chili or bean soup (strained) + avocado + tofu = blend into a dip

Three Go-To Strategies for Reimagining Leftovers

1. Make a Stir-fry

- a. **Make it:** Use leftover cooked meat and fresh or frozen vegetables to make a quick stir fry.
- b. **Flavor it:** Use leftover soups or sauces to add flavor, and serve with your choice of slow carbs.
- c. **Serve it:** Serve your stir-fry over a bed of leafy greens, on top of a Grain-Free Waffle (AH pg. 223), or use the stir-fry as a filling for a sweet potato, mushroom, bell pepper, or a few lettuce cups.

2. A Few Examples...

- a. Blend leftover **Creamy Cauliflower Soup** (AH pg. 280) with white beans to make a sauce. Add to a stir fry prepared with leftover chicken (or meatballs) and vegetables. Serve with a source of fat (oil, butter, avocado, nuts, seeds, etc.).
- b. Blend leftover tomato soup with white beans to make a sauce. Serve over zucchini “noodles” topped with cheese and meatballs.
- c. Prepare a stir-fry with leftover meat and vegetables. Serve over a **Grain-Free Waffle** (AH pg. 223) with an AH/AD dressing/sauce of choice.

Reimagining Dinner Meals

Reimagining a few full meals to be used in next-day recipes.

Meals We'll Be Talking About...

- 1. Meal #1: Brown Rice, Meatballs, and Coconut Curry Sauce (P2)**
 - a. Transformed into next day breakfast, lunch, and dinner
- 2. Meal #2: Shredded Beef stuffed Sweet Potatoes (P2)**
 - a. Transformed into next day breakfast, lunch, and dinner
- 3. Meal #3: Cauliflower Soup with Salmon and Coleslaw**
 - a. Transformed into next day breakfast, lunch, and dinner

For Dinner Last Night, You Had...

The sample dinner recipe below serves 4... For leftover uses, we will assume you have 2 portions of each component leftover.

- 1 recipe **Beef, Bison, or Turkey Meatballs** (AD pg. 149)
- 2 cups cooked brown rice
- 4 cups non-starchy vegetables sautéed in 1 tablespoon olive oil
- 1 recipe **Coconut Curry Sauce** (AH pg. 266)
- Ratios: 49% Fat, 28% Carbohydrate, 23% Protein, 680 Calories (P1 ratios, P2 ingredients)

Tips: Prepare all components separately. Store 2 portions of each component ($\frac{1}{2}$ recipe meatballs, 1 cup cooked brown rice, 2 cups sautéed vegetables, and $\frac{1}{2}$ recipe sauce) in different containers in the fridge for tomorrow. For dinner tonight, mix together the remaining meatballs, rice, vegetables, and Coconut Curry Sauce in a saucepan until heated through.

You now have the following leftovers...

- 2 servings Beef, Bison, or Turkey Meatballs
- 1 cup cooked brown rice
- 2 cups non-starchy vegetables (with about $\frac{1}{2}$ tablespoon of olive oil)
- $\frac{1}{2}$ recipe Coconut Curry Sauce

Using Your Leftovers

Breakfast (serves 2) - Use your leftover brown rice!

- Prepare one FULL recipe of the **Black Bean Tofu Hash** (AH pg. 222). Omit the black beans and replace with 1 cup of leftover cooked brown rice. Top each serving with $\frac{1}{2}$ an avocado.
- Ratios: 50% Fat, 26% Carbohydrate, 24% Protein, 570 Calories (P1 ratios, P2 ingredients)

Lunch (serves 2) - Use your leftover **Coconut Curry Sauce** and vegetables!

- Blend remaining **Coconut Curry Sauce** (about 1 $\frac{1}{4}$ cups) with 1 cup white beans, and chicken/vegetable stock to reach desired soup consistency. Serve each portion with 6 ounces shrimp (frozen and thawed) and optional non-starchy vegetables (either blend with the soup or add as-is).
- Ratios: 51% Fat, 25% Carbohydrate, 24% Protein, 600 Calories (P1)

Dinner (serves 1) - Use your leftover **Beef, Bison, or Turkey Meatballs** and vegetables!

- Serve each portion of **Beef, Bison, or Turkey Meatballs** with 1 medium sweet potato (cooked) topped with $\frac{1}{4}$ cup shredded cheddar cheese and 2 teaspoons butter. Serve as a stuffed sweet potato with non-starchy vegetables on top (either use your leftover vegetables or fresh vegetables).
- Ratios: 50% Fat, 24% Carbohydrate, 26% Protein, 620 Calories (P1 ratios, P2 ingredients)

For Dinner Last Night, You Had...

The sample dinner recipe below serves 4... For leftover uses, we will assume you have 2 portions of each component leftover.

- 1 recipe **Shredded Beef or Pulled Pork** (AD pg. 148)
- 4 medium sweet potatoes, roasted
- 4 tablespoons **Basic Mayonnaise** (AH pg. 259) (or store-bought mayonnaise)
- 4 cups spinach (or leafy greens of choice)
- 2 cups non-starchy vegetables of choice

Tips: Prepare all components separately. Store 2 portions of each component ($\frac{1}{2}$ recipe **Shredded Beef**, 2 sweet potatoes, 2 tbsp **Basic Mayo**, 2 cups spinach, and 1 cup vegetables) in different containers in the fridge for tomorrow. For dinner tonight, mix together the remaining shredded beef, mayo, spinach, and vegetables (option to steam or lightly stir-fry the vegetables). Slice each cooked sweet potato in half. Divide the meat and vegetable mix evenly between the 4 sweet potato halves. Serve each person 2 stuffed sweet potato halves. For tomorrow, you will have the following leftovers...

- 2 servings **Shredded Beef or Pulled Pork**
- 2 medium sweet potatoes, roasted
- 2 tablespoons **Basic Mayonnaise** (or store-bought mayonnaise)
- 2 cups spinach + 2 cups non-starchy vegetables of choice

Using Your Leftovers

Breakfast (serves 1) - Use your leftover sweet potatoes!

- Serve each person 1 sweet potato with 3 eggs (scrambled in 1 teaspoon olive oil), ¼ cup shredded cheese, and optional non-starchy vegetables.
- Ratios: 52% Fat, 26% Carbohydrate, 22% Protein, 480 Calories (P1 ratios, P2 ingredients)

Lunch (serves 1)- Use your leftover **Basic Mayo**, spinach, and vegetables!

- Serve each person 1 tablespoon **Basic Mayo** mixed with 1 (5oz) can of tuna in water, ¼ cup almonds, 1 apple (chopped), 1 cup leftover spinach and leftover non-starchy vegetables. Toss all ingredients together with 1 teaspoon olive oil, a squeeze of lemon and salt and pepper. Serve as a salad.
- Ratios: 52% Fat, 23% Carbohydrate, 25% Protein, 550 Calories (P1)

Dinner (serves 1) - Use your leftover **Shredded Beef or Pulled Pork**!

- Serve each person 1 serving of **Shredded Beef or Pulled Pork** mixed with ½ cup black beans, ½ an avocado (mashed), and optional fresh herbs and non-starchy vegetables of choice. Serve inside 1 red bell pepper (roasted).
- Ratios: 49% Fat, 23% Carbohydrate, 28% Protein, 650 Calories (P1)

For Dinner Last Night, You Had...

The sample dinner recipe below serves 4... For leftover uses, we will assume you have 2 portions of each component leftover.

- 1 recipe (4 servings) **Creamy Cauliflower Soup** (AH pg. 280)
- 16 ounces (four 4-ounce fillets) Salmon (Lay on a sheet pan. Drizzle 1 teaspoon olive oil, a squeeze of lemon and a pinch of salt over each fillet. Roast at 425°F for 10-12 minutes, or until cooked through (flakes apart easily and reaches internal temperature of 145°F.)
- 1 recipe (4 servings) **Tangy Coleslaw** (AH pg. 279)
- 4 tbsp almonds, roasted
- 2 apples, chopped

Tips: Prepare all components separately. Store ½ of the **Cauliflower Soup**, ½ of the cooked salmon, and ½ of the **Tangy Coleslaw** for tomorrow. For dinner tonight, serve each person one fillet salmon (flaked) in the **Cauliflower Soup** with a side of **Tangy Coleslaw**. Top each portion of **Tangy Coleslaw** with 1 apple (chopped) and 2 tablespoons almonds. You now have the following leftovers...

- 2 servings **Creamy Cauliflower Soup** (AH pg. 280)
- 2 fillets roasted salmon
- 2 servings **Tangy Coleslaw** (AH pg. 279)

Using Your Leftovers

Breakfast (serves 1) - Use your leftover salmon!

- Serve each person 1 leftover fillet of salmon and ½ apple (sliced) over 1 Grain-Free Waffle (AH pg. 223)
- Ratios: 53% Fat, 21% Carbohydrate, 26% Protein, 530 Calories (P1)

Lunch (serves 1) - Use your leftover **Tangy Coleslaw!**

- Serve each person Tangy Coleslaw with 2 boiled eggs, ½ cup boiled edamame, ½ cup white beans, and ½ of an avocado.
- Ratios: 48% Fat, 29% Carbohydrate, 23% Protein, 550 Calories (P1)

Dinner (serves 1) - Use your leftover **Cauliflower Soup!**

- Serve each person **Creamy Cauliflower Soup** with **Beef, Bison, or Turkey Meatballs** and a side salad made of non-starchy vegetables, leafy greens, 1 tablespoon **Basic Mayonnaise** and ¼ cup white beans.
- Ratios: 47% Fat, 27% Carb, 26% Protein, 600 Calories (P1)

Reimagining Common Leftovers

Reimagining leftovers suggested in our Facebook Group.

Ingredients We'll Be Talking About...

- 1. Cooked Brown Rice**
- 2. Roasted Meat**
- 3. Cooked Sweet Potatoes**
- 4. Beans (Cooked or Canned)**
- 5. Avocados**
- 6. Cooked Vegetables**
- 7. Cabbage**
- 8. Tofu**
- 9. Pineapple**
- 10. Cooked Eggs/Quiches**

Leftover (Cooked) Brown Rice - Basic Options

1. Mix with raw ground meat to form patties, meatloaf, or meatballs
2. Stir into soups
3. Use to make energy bites (cooked brown rice can be used in place of rolled oats in energy bite recipes - see [THIS](#) recipe for an example)
4. Re-cook in a liquid (such as coconut milk or chicken broth) to make a creamy base for an sweet “oatmeal” or a savory “risotto”

Leftover (Cooked) Brown Rice

Leftover brown rice is great to have on-hand to serve as a quick P2 carbohydrate. The starchy nature of brown rice allows it to act as a thickening and binding agent when cooking.

1. Beef, Bison, or Turkey Meatballs (AD pg. 149)

Add 2 cups of cooked rice + 2 tbsp oil to the batter. Blend all ingredients together with an immersion blender or food processor. F(44%), C(29%), P(27%), 510 calories. (NOTE: This will increase the volume of the meatballs - so there will be MORE meatballs per serving. Serve over a bed of leafy greens or in lettuce cups with sauce/dressing of your choice for a P2 meal with closer to P1 ratios).

2. Double-Cooked Rice Pudding (Serves 1)

Heat ½ cup of cooked brown rice with ½ cup milk in a small pot over medium heat. Cook for about 10-15 minutes, until most of the liquid is absorbed and the rice is creamy. Remove from heat and stir in ½ cup plain whole-milk Greek yogurt, 1.5 tbsp peanut butter, and an optional drizzle of maple syrup. F(45%), C(31%), P(24%), 510 calories.

Leftover Roasted Meats - Basic Options

1. Mix with quiche batter to increase the protein content of your meal
2. Stir into soups to increase the protein content of your meal
3. Replace protein in a stir fry with leftover roasted meats
4. Serve with salad or waffles to increase the protein content of your meal

Leftover Roasted Meat

Leftover roasted meat is a great option to add protein to stir-frys, soups, or waffle “sandwiches”

1. Roasted Meat “Sandwiches” (Serves 1)

1 **Grain-Free Waffle** (AH pg. 223) + ¼ cup (½ serving) **Slow Cooked Shredded Beef or Pulled Pork** (AD pg. 148) + ½ cup beans + non-starchy vegetables of choice. F(49%), C(25%), P(26%), 580 calories.

2. Roasted Meat Stir-Fry

Use leftover roasted meat in place of other proteins in stir-fry recipes. See the *Equivalents Chart* on page 49 of *Always Delicious* to choose a protein replacement with the same fat content.

3. Roasted Meat Soup

Add roasted meat to vegetable soups such as our **Creamy Cauliflower Soup** (AH pg. 280), **Carrot Ginger Soup** (AH pg. 282), or **Red Lentil Soup** (AH pg. 283). Alternatively, replace chicken, turkey, or meatballs with roasted meat in your go-to meat-based soups. See the *Equivalents Chart* on page 49 of *Always Delicious* to choose a protein replacement with the same fat content.

Sweet Potatoes - Basic Options

1. Blend into soups or sauces
2. Microwave or roast and serve as a base for Greek yogurt and nuts/nut butter
3. Add cooked and mashed sweet potatoes to meatloaf or meatball mixes
4. Roast sweet potato “fries” in oil to use as a base and slow carbohydrate for a protein and fatty sauce

Sweet Potatoes

Sweet potatoes are naturally sweet and starchy. These characteristics allow for sweet potatoes to; balance spicier dishes; thicken sauces, soups, and dips; and, act as a base/binder for vegetarian or fish-based patties.

1. Sweet Potato Tuna “Meatballs” (Serves 1)

One 6-ounce can of tuna (in water, drained) + ½ cup mashed sweet potato + ¼ cup parsley + 1 tsp dijon mustard + 1 tsp lemon juice + 1 tbsp olive oil + 1 tbsp flax seeds + ¼ cup chickpea flour. Blend together, distribute among mini muffin tins, and roast at 425° F for 15 minutes. Serve with ½ an avocado, sliced. F(42%), C(31%), P(27%), 640 calories.

2. Sweet Potato Egg Salad (Serves 1)

Mash together ½ cup of leftover mashed sweet potato with 3 leftover hard boiled eggs, 1.5 tbsp tahini, ¼ cup Greek yogurt, a few onions, and a handful of chopped parsley. Serve with vegetable crudité or in lettuce cups. F(48%), C(29%), P(23%), 530 calories.

Sweet Potatoes

Sweet potatoes are naturally sweet and starchy. These characteristics allow for sweet potatoes to; balance spicier dishes; thicken sauces, soups, and dips; and, act as a base for vegetarian or fish-based patties.

3. Sweet Potato Coconut Curry Shrimp (AH pg. 248)

Follow recipe as directed, without adding the **Coconut Curry Sauce**. Blend 2 cups mashed sweet potato with the **Coconut Curry Sauce**. This will transform the sauce into a thick dip or spread that can be served in lettuce cups or over vegetable crudités. Top your crudités or lettuce cups with the shrimp and vegetables (as per directed in the **Coconut Curry Shrimp** recipe). F(41%), C(36%), P(23%), 550 calories.

Beans - Basic Options

- Blend into soups or sauces for a thick and creamy texture
- Toss beans in oil, salt, pepper, and seasonings. Roast at 425° F for about 20 minutes for a crispy/crunchy topping
- Mix with (or blend into) meatball/meatloaf mixes
- Add cooked beans to stir fries or salads

Beans

Beans have a naturally starchy texture, making them a great thickening and binding agent when blended. Beans can also be roasted for a crispy topping to add texture to an otherwise smooth dish.

Thickened Soups and Sauces

- Blend beans into soups and sauces for a thick and creamy texture. Half of a cup of cooked beans is one serving of slow carbohydrates (per person).

White Bean “Cookie Dough” (Serves 1)

- Blend together ½ cup white beans + 2 tbsp peanut butter + collagen protein powder (equivalent to 20 grams protein) + 1 tsp honey (optional) + ½ ounce dark chocolate (melted). F(40%), C(33%), P(27%), 510 calories.

Bean Meatballs (Serves 4)

- Blend 2 cups beans and mix with the raw **Beef, Bison, and Turkey Meatball** mix (AD pg. 149). Follow directions in the book to cook the meatballs. Serve each portion of meatballs over a bed of leafy greens or in lettuce cups with 2 tablespoons dressing/sauce of choice. F(51%), C(23%), P(26%), 600 calories.

Avocados - Basic Options

1. Blend into soups or sauces
2. Mash or blend to use as a spread (add salt, pepper, and a squeeze of lemon juice)
3. Make a thick dip with avocado, Greek yogurt or cottage cheese, and herbs (similar to a guacamole)
4. Add chopped or sliced avocado to stir fries or salads
5. Blend into smoothies for added fat and a creamy texture

Avocados

Avocados are high in fats, and relatively neutral in flavor. They can add a rich and creamy texture to both sweet and savory dishes.

Chocolate Avocado Pudding

- **Vegan Orange Chocolate Pudding** (AD, pg. 317)

Avocado Hummus (Serves 1)

- 1 avocado + ½ cup chickpeas or white beans + 6 ounces firm tofu + ½ onion and 2 cloves garlic cooked in 2 tsp olive oil + herbs of choice. Serve with vegetable cruditéés or in lettuce cups. F(48%), C(27%), P(25%), 550 calories.

Avocados

Avocados are high in fats, and relatively neutral in flavor. They can add a rich and creamy texture to both sweet and savory dishes.

Quick Avocado Green Soup (Serves 1)

- 1 cup leftover broccoli or asparagus (previously cooked in oil) + ½ avocado + 1 cup chicken stock + 3 tbsp goat cheese + ½ onion and 2 cloves garlic cooked in 1 tsp oil + ½ cup white beans. Blend and serve with **Shredded Chicken** (AD pg. 110) or equivalent protein (see Equivalents Chart on page 49 of *Always Delicious*). F(48%), C(24%), P(28%), 620 calories.

Leftover Vegetables - Basic Options

1. Blend leftover cooked vegetables into soups, sauces, or dips to add flavor
2. Add to stir fries or salads for flavor, volume, and color
3. Mix with quiche batter

Leftover Roasted Vegetables

Leftover roasted vegetables can be a quick-and-easy way to add depth of flavor to otherwise neutral-tasting dishes.

Vegetable Soup

- Blend leftover vegetables with coconut milk and chicken/vegetable stock to make a quick soup. Season with salt, pepper, and optional spices or herbs.

Flavored Hummus

- Blend leftover vegetables with chickpeas or white beans, cooked garlic, and herbs to make a quick flavored hummus or bean-based dip.

Quiche

- Mix leftover vegetables with raw eggs. Distribute among muffin tins or bake in a large cake pan to make a quick crustless quiche or frittata.

Cabbage - Basic Options

1. Use cabbage leaves in place of lettuce leaves to serve with dips
2. Add shredded or chopped cabbage to stir fries or salads
3. Mix with quiche batter for a textural contrast
4. Use as a base for sheet-pan dinners to increase total volume of the meal

Cabbage

Cabbage is a neutral-flavored vegetable that can be added to meals to increase the volume of a dish. The leaves can also be used as a substitute for wraps or lasagna noodles.

Cabbage Slaw

- Finely chop cabbage and mix with shredded carrots, shredded apples, and optional green onions. Mix with Greek Yogurt, a squeeze of lemon, and salt and pepper to taste. Pair with a high-fat protein.

Cabbage Rolls

- Use the cabbage leaves as a wrap for your favorite meatball or meatloaf mixes. Lay the meat (wrapped in the cabbage leaves) in a roasting pan. Top with your favorite white or red pasta sauce. Roast or bake until cooked through.

Waffles

- Add shredded cabbage, carrots, and onions to our [Grain-Free Waffle](#) Batter (AH pg. 223). Top with a protein and your favorite AH/AD dressing/sauce of choice.

Tofu - Basic Options

1. Blend silken tofu into soups, sauces, and dips
2. Blend firm tofu into thick dips or spreads
3. Add marinated tofu to salads and stir frys
4. Crumble or blend into quiches
5. Blend into meatloaf or meatball batter to increase volume (and incorporate more plant-based proteins into your meals) - See [Chef Dawn's Lamb Tofu Meatballs](#) for inspiration.

Tofu

Tofu is a naturally bland ingredient. It can be used in both sweet and savory dishes and will adopt the flavors it is paired with. Due to its inherent bland nature, you will need to increase the spices, herbs, and seasonings/salt in your dish to enhance the flavors.

Silken Tofu Sweet Breakfast (Serves 1)

- Blend together 6 ounces silken tofu + ½ ounce dark chocolate + ½ banana + 2 tbsp peanut butter + protein powder (equivalent to 20 grams of protein). F(49%), C(23%), P(28%), 500 calories. (Phase 1 ratios, Phase 2 ingredients)

Savory Tofu Dip

- Blend together 6 ounces firm tofu + ½ onion, 2 cloves garlic, and 1 cup carrots cooked in 1 tsp oil (or leftover vegetables of choice) + ¼ cup cashews, soaked overnight + ¼ cup sundried tomatoes (canned in oil and drained). Serve with vegetable cruidtés or in lettuce cups. F(52%), C(26%), P(22%), 580 calories.

Tofu

Tofu is a naturally bland ingredient. It can be used in both sweet and savory dishes and will adopt the flavors it is paired with. Due to its inherent bland nature, you will need to increase the spices, herbs, and seasonings/salt in your dish to enhance the flavors.

Firm Tofu “Eggs”

- Firm tofu can be crumbled and sautéed in oil and turmeric to make a vegan variation of scrambled eggs”.

Pineapple - Basic Options

1. Serve with sweet breakfast parfaits
2. Serve with spicy stir frys for a subtle sweet-and-tart flavor
3. Blend into smoothies (particularly higher-fat smoothies such as ones with avocado or canned coconut milk)
4. Mix into spicy salsas for a bright contrast

Pineapple

Pineapple is a delicious Phase 2 tropical fruit that can add a sweet and acidic flavor to both sweet and savory dishes. Pineapple can balance spicy recipe or curry-based recipes for a unique twist on classic dishes.

Pineapple Coconut Curry Sauce

- Toss together 1 onion (chopped), 1 cup pineapple chunks, 2 tbsp olive oil, 2 cloves garlic, 1-2 tbsp curry powder, 1 tsp turmeric and ½ tsp salt. Roast in the oven at 425° F for 15-20 minutes, until all onion and pineapple is tender and lightly browned. Blend with a bit of coconut milk (add slowly, until desired consistency is reached).

Tropical Yogurt Parfait (Serves 1)

- Mix together 1 cup chopped pineapple with 1 ¼ cups Greek Yogurt, 1 tbsp coconut oil and 1 tbsp unsweetened shredded coconut. Optional drizzle of honey. F(53%), C(26%), P(21%), 550 calories (Phase 1 ratios, Phase 2 ingredients).

Pineapple

Pineapple is a delicious Phase 2 tropical fruit that can add a sweet and acidic flavor to both sweet and savory dishes. Pineapple can balance spicy recipe or curry-based recipes for a unique twist on classic dishes.

Pineapple Sloppy Joe

- Add pineapple (about ½ cup per serving) to our **Modern Day Sloppy Joe** (AH pg. 239) recipe for a fun tropical twist.

Eggs/Quiches - Basic Options

1. Blend hard boiled eggs into thick dips and soups
2. Blend hard boiled eggs or quiches (crustless or regular) to make egg-salads
3. Chop crustless quiches or hard boiled eggs to add to your salads
4. Serve hard boiled eggs or quiches as-is for breakfast and/or snacks

Eggs/Quiches

Eggs and quiches can be used to make thick dips, salads, and rich and creamy soups.

Egg/Quiche Salad

- Use quiche in place of hard boiled eggs in egg salads. To make a simple egg salad, mash together eggs with [Basic Mayonnaise](#) (AH pg. 259), herbs of choice, green onion, salt, and pepper.

Soup Thickener

- Blend hard boiled eggs into thick vegetable soups for an extra creamy texture.

Dips

- Blend hard boiled eggs into bean-based dips to add fat, protein, and richness. Alternatively, blend hard boiled eggs with Greek yogurt, avocado, or cottage cheese to make your own vegetable dip. Season with salt, pepper, and optional herbs or spices.

What's in Chef Kenzie's Pantry?

What ingredients does Chef Kenzie always have on hand?

What's ALWAYS in my Pantry?

I always like to have a few leftover ingredients to use throughout the week. I will often prepare the following in large batches to serve as leftovers throughout the week...

Mini Egg “Muffins” (Protein)

Serve for breakfast with a side of greek yogurt and berries. Serve for lunch as an egg salad prepared with mayonnaise. Serve as lunch/dinner by using them in place of hard boiled eggs in a cobb salad.

Meatballs (Protein)

Serve for breakfast scrambled with eggs, vegetables, and beans. Serve for lunch in soups. Serve for dinner crumbled into stir-frys, casseroles, and tacos.

What's ALWAYS in my Pantry?

I always like to have a few leftover ingredients to use throughout the week. I will often prepare the following in large batches to serve as leftovers throughout the week...

Waffles (Slow Carb)

Serve for breakfast topped with greek yogurt and berries. Chop, toast, and use as croutons in soups and salads. Use as sandwich bread replacement for lunch or dinner sandwiches. Bake the raw waffle batter in donut moulds to serve as savoury “bagels” or sweet donuts.

Canned Coconut Milk (Fat)

Mix with greek yogurt for a richer morning parfait. Blend into soups or sauces for an extra-creamy texture. Reheat cooked rice in coconut milk for a rice pudding. Drizzle over berries for a quick snack or dessert.

Thank-you for Purchasing Our How To Use Common Leftovers Class!

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