



COOK ONCE EAT TWICE AND MORE

Dietitians' tips for saving cooking time and having a different dish every day.

Think repurposing when making your meals in order to use up leftovers and reduce food waste.



Primary Care Dietitians' Association
Blending the Science of Nutrition and the Art of Food

TIPS ON REPURPOSING FOR A QUICK MEAL

1. Plan ahead and make sure you have ingredients available
2. Plan for leftover proteins as they typically take longest to cook
3. Keep things separated until ready to serve in order to allow for more variations
4. Freeze leftovers into serving size portions if you are not using them in the next few days

FOODS TO COOK IN BULK...

Proteins

Examples: turkey dinner, roasted chicken, baked salmon, baked chicken, beans/legumes, tofu etc.

THEN ADD...

1. Frozen vegetables = stir fry
2. Frozen vegetable + leftover rice = fried rice
3. Tortilla + salsa + cheese = wrap or enchiladas
4. Egg + cheese = frittata or omelette
5. Pasta + sauce of your choice + vegetable = hot pasta
6. Pasta + frozen peas + chopped onions + salad dressing = pasta salad
7. Onion + celery + rice/pasta + unsalted chicken broth = soup
8. Mayo + bread = open face sandwich
9. Pizza sauce + toast + cheese = mini pizza bites
10. Pizza sauce + cheese + flat bread + thinly sliced bell pepper = pizza

Vegetables

Examples: roasted root vegetables, broccoli, roasted bell peppers etc.

1. Egg + cheese = frittata or omelette
2. Egg + leftover rice = egg fried rice
3. Canned beans or fish + budda bowl dressing = warm budda bowl
4. Pasta + pasta sauce + canned beans/legumes = vegetarian pasta
5. Scrambled egg + tortilla = wrap