



Use “planned-overs” creatively

Making family-sized recipes can provide you with leftovers (or “planned-overs”) for future meals. Freeze the remaining food in meal-sized containers. Be sure to label the containers with the contents and date to avoid “surprise meals” later.

Try using planned-overs in completely different recipes. For example, add leftover fruit to muffin, quick bread, or pancake batter. Freeze planned-over vegetables and use in stews, soups, and casseroles. Use extra bread to make French toast, bread pudding, or stuffing. Use planned-over meat in tacos, soup or stir-fry, or on salads.

Suggestions from the University of Nebraska–Lincoln Extension Service.