



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS
Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service
SCFCL website: <http://www.scfcl.com>

Leader Training Guide

Ways with Leftovers

Objectives: Participants will learn ways to use leftovers to create new meals.

Lesson Overview/Introduction:

American households throw away an average of \$600 worth of wasted food annually. Many families cannot afford that kind of waste. Leftovers are often considered a boring use for food left from a previous meal but that concept does not have to be true. With a little planning, leftover foods can be transformed into tasty new creations.

Create mealtime magic by transforming leftovers into new meals. With some pre-planning, new dishes can be prepared from entrees that were served at a previous meal. Casseroles are another good choice for using leftover meats. Chunks of meat make great additions to salads. Omelets, meat pies, quiches, soups, and hot or cold pasta salads are just a few more ways to give leftovers new life.

Lesson:

Cook Food Safely

To have safe leftovers, the food must have been handled and cooked safely. Practice these four steps to keep yourself and your family safe from food poisoning:

- Clean: Wash Hands and Surfaces Often
- Cook: Cook to the Right Temperature
- Separate: Separate Raw Meats From Other Foods
- Chill: Refrigerate Food Promptly

Handling and Storing

The first thing you should know about leftovers is the correct way to store them. Follow these tips to keep you and your family safe:

- Refrigerate or freeze unused food within two hours after cooking.
- Wash your hands before handling leftovers.
- Place leftovers in small, shallow containers with a secure cover to help them cool quickly.
- If a stored leftover seems questionable, throw it out.
- Remove stuffing from cooked poultry before storing.

- Don't keep leftovers for more than four days.
- Label and date food stored in refrigerator and freezer. Use masking tape and a permanent marker to make labels; place them on containers.
- Do not mix leftovers from the serving table with food on the stove or in the refrigerator.

Ideas for Using Leftovers:

Poultry

Cooked turkey or chicken meat can be transformed into a number of dishes.

Remove excess fat from poultry before cooking. After cooking, remove any bones from meat. Slice or cut into pieces. Place ½ cup or 1 cup portions in freezer-safe containers or bags. Place small bags into a large freezer bag and label and date.

Here's one idea: Cook your preferred pasta or rice. Brown some onions. Heat a can of your favorite cream soup; mix turkey or chicken meat with onions and soup. Heat and pour over the rice or pasta. Add salt and pepper to taste.

Breads

Stale bread can be used to make croutons, bread crumbs and bread pudding.

Make French toast from any type of leftover bread... pumpkin, zucchini, banana and, of course, white; top with fresh, cooked or canned fruit.

Ground Beef

Ground beef is very versatile and can be added to virtually any dish.

Make taco salad by adding a little chili powder, garlic and onion powder to the meat; add it to fresh salad greens, cooked beans, corn and peppers, salsa, cheese and sour cream. Top the salad with crushed corn or tortilla chips.

For a one dish meal, add ground beef to cooked rice, pasta or noodles along with sautéed onion, peppers and diced tomatoes. Add other vegetables like cooked carrots, green peas or sliced yellow or zucchini squash. Top with cheese and season to taste.

Vegetables

Freeze leftover vegetables to make soup later.

Sauté leftover fresh vegetables, use as a filling for omelets or add to beaten eggs to create a frittata (an unfolded omelet enriched with vegetables, meats, or grains).

Fruit

Make smoothies by adding fruit to ice, milk or yogurt and sweetener in a blender; blend until frothy. Add frozen chunks of banana to help thicken those smoothies. Before freezing them, toss banana chunks with a little lemon juice or anti-darkening product to prevent browning.

Overripe bananas make the best banana bread.

Rice

Unseasoned white or brown rice lends itself to many other recipes.

Fried rice can be served as a main dish with additions such as beef, pork, fish, poultry, vegetables, nuts and seeds. Heat a small amount of oil in pan; add minced ginger and garlic to

pan for “authentic” flavor; cook with stirring for about 30 seconds. Add chopped vegetables to ginger and garlic and cook for 30 seconds more. Add cold cooked rice; add meats, nuts, seeds (if desired); cook with stirring until heated throughout. Soy sauce, thawed frozen green peas or canned peas can be added at the end of heating.

Cooked rice can also be used for desserts and salads.

Lesson Summary:

Understanding how to deal with leftovers can keep you healthy and save you money. Have some plans on hand for using leftovers for a second meal or two.

Suggested Activities:

Divide into groups. Give each group a sheet of paper with one of the ideas for using leftovers from the lesson: poultry, breads, ground beef, vegetables, fruit and rice. Have the people in each group work together to list more ways to use leftovers that were not discussed in lesson. Ask each group to select a spokesperson to share their idea with the entire group.

Suggested Materials:

Blank paper
pens/pencils
masking tape
permanent marker
food storage containers and/or materials

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Resources:

Southern Living Magazine, February 1986

http://www.clemson.edu/extension/hgic/food/food_safety/handling/hgic3606.html

http://www.fsis.usda.gov/PDF/Leftovers_and_Food_Safety.pdf