



EatRightOntario

Talk to a Registered Dietitian for FREE!

1-877-510-510-2 | www.eatrightontario.ca



Easy Meals for Great Leftovers



Simple Recipes for Using Up Leftovers Creatively



Food Safety with Leftovers

Eating leftovers saves you time and helps you cut down on food waste. Keep your leftovers safe to eat with these tips.

- Keep leftovers out of the temperature danger zone, which is between **4°C (40°F)** and **60°C (140°F)**, to prevent harmful bacteria from growing.
- Put leftovers in the fridge as soon as possible. Throw out any food that has been left out of the fridge for more than two hours.
- When reheating food bring it to a safe internal temperature of **74°C (165°F)**. Consider buying an inexpensive digital thermometer (found in most grocery stores) to help you check the temperature.
- Throw out uneaten leftovers once they have been reheated.
- Leftovers in the fridge are good for 2-3 days, or freeze them for later use.

Stretch your food dollars by freezing food that can't be used up in time to eat. Did you know you can freeze these foods?

- **Ginger** – grates more easily when frozen. Grate the amount you need and store the rest back in the freezer.
- **Cooked brown rice or oatmeal** – freeze in zip-top bags or airtight containers for up to six months.
- **Milk** – buy four litres of milk and freeze two of the bags for later use.

The Registered Dietitians of EatRight Ontario and students and staff of George Brown College Food Innovation and Research Studio (FIRSt) worked together to bring you these tasty recipes. We want to gratefully acknowledge that the financial support for the project came from the Helderleigh Nutrition Application Fund.

Easy Meals for Great Leftovers

Easy Meals for Great Leftovers is filled with quick recipes that allow you to take leftovers from one meal and turn them into something completely different the next day. These recipes cut down on preparation time and let you enjoy your leftovers in a new way. For example, a baked fish and vegetable meal becomes a quick and easy seafood chowder the next day.

These recipes have been taste tested and reviewed by Registered Dietitians, chefs and community members so that they are:

- **Tasty and simple** to make.
- **Budget friendly.** See Appendix on page 13 for the cost per recipe serving.
- **Nutritious.** Each recipe comes with nutrition information.

Recipes were developed to use ingredients in unique ways and include plant proteins like legumes (beans, peas and lentils).

These recipes can be enjoyed by everyone, but have been specifically designed for people who cook for one or two people. For example:

- A student who is learning how to cook and wants some easy recipes.
- An older individual downsizing or learning to cook for his or her self.
- A busy couple, who are looking for quick and easy dinner time solutions.

Some suggestions for following these recipes:

- 1 The first time you make a recipe read it all the way through before starting to cook, and make sure you have everything you need to make the recipe before you start.
- 2 Make some notes on the recipes to remind yourself for next time how you have changed the recipe to suit your tastes, such as using less ginger or adding more garlic.
- 3 Clean up as you cook so you can focus on the delicious food you have prepared. This way you won't have to worry about a lot of clean up later.

It's time to get started! Get cooking and enjoy some new tastes.



Turkey Kofta with Cumin Scented Brown Rice

Preparation Time: 20 minutes

Cook Time: 45 minutes

Makes: 4 servings (8 koftas)

Ingredients

Kofta

1 cup	(250 mL)	Onion, chopped
4 cloves		Garlic
½ tsp	(2 mL)	Salt
1 Tbsp	(15 mL)	Ground cumin
½ cup	(125 mL)	Fresh parsley
1		Egg
1 lb	(454 g)	Ground turkey
⅓ cup	(75 mL)	Breadcrumbs

Rice

1 Tbsp	(15 mL)	Olive oil
½ cup	(125 mL)	Onion, chopped
½ Tbsp	(7 mL)	Ground cumin
1 cup	(250 mL)	Brown rice
¼ tsp	(1 mL)	Salt
2 cups	(500 mL)	Low sodium vegetable stock
1 cup	(250 mL)	Frozen peas

Tzatziki Sauce

½ cup	(125 mL)	Fat free Greek yogurt
1 clove		Garlic, minced
1 tsp	(5 mL)	Lemon juice
¼ tsp	(1 mL)	Salt
¼ cup	(60 mL)	Cucumber, grated and squeezed to remove excess water

Instructions

- 1 Preheat oven to 400°F (200°C) and line baking sheet with parchment paper.
- 2 In blender, purée onions, garlic, salt, cumin, parsley and egg together until smooth.
- 3 In a large bowl, mix blended onion mixture together with ground turkey and breadcrumbs.
- 4 Form into 8 balls, place onto parchment lined tray and flatten into disks. Bake for 20 minutes or until the internal temperature reaches 165°F (74°C).
- 5 In a small pot, sauté onions in olive oil. Add cumin and toast until fragrant.
- 6 Add rice, salt and vegetable stock to the pot. Bring to a simmer and cook until liquid is absorbed and rice is cooked, approximately 20 minutes. Stir in frozen peas and let sit for 10 minutes.
- 7 To make Tzatziki sauce, mix Greek yogurt, garlic, lemon juice, salt and cucumber together in a small bowl.

Serve koftas with rice and topped with Tzatziki sauce.

Optional: Save 4 koftas to make Turkey and Spaghetti Squash Shepherd's Pie (page 3) the next day.

Nutrition Information

Per ¼ recipe

Calories	580
Protein	40 g
Fat	20 g
Carbohydrates	60 g
Fibre	6 g
Sodium	760 mg

NUTRITION TIP

Store brown rice in the fridge once package is open to increase its shelf life. It will keep for 6-12 months in the fridge while only 3-6 months in the pantry.



Preparation Time: 30 minutes
Cook Time: 1½ hours
Makes: 4 servings

Turkey and Spaghetti Squash Shepherd's Pie

Ingredients

1	Medium	Spaghetti squash, cooked
4		Turkey Koftas (see on page 2)
2 tsp	(10 mL)	Olive oil
¼ cup	(60 mL)	Onion, chopped
3 cloves		Garlic, minced
¼ cup	(60 mL)	Frozen carrots
¼ cup	(60 mL)	Frozen peas
⅛ tsp	(½ mL)	Salt
¼ tsp	(1 mL)	Black pepper
1 cup		Canned diced tomatoes
2 Tbsp	(30 mL)	Ketchup
½ cup	(125 mL)	Water
3 sprigs		Fresh basil, chopped (optional)
⅓ cup	(75 mL)	Breadcrumbs
3 Tbsp	(45 mL)	Parmesan cheese

COOKING TIP

Try spaghetti squash with tomato sauce in place of your usual pasta noodle.



Instructions

- 1 Preheat oven to 400°F (200°C).
- 2 Place whole squash onto baking tray. Roast for 50-60 minutes or until the flesh is tender when pierced with a fork. When cool to the touch, cut in half and remove seeds. Using a fork, scrape out strands of spaghetti squash.
- 3 Break the koftas apart until they crumble and set aside.
- 4 In a large frying pan, heat oil and cook onions and garlic until fragrant. Add peas and carrots and sauté for 2 minutes.
- 5 Add salt, black pepper, tomatoes, ketchup, crumbled kofta, water and half of the basil to an oven proof dish.
- 6 Add cooked onion mixture to meat in oven proof dish.
- 7 Toss cooked squash, breadcrumbs and remaining basil together. Lightly spread onto turkey mixture in even layer. Do not press. Sprinkle with Parmesan cheese.
- 8 Bake uncovered for 25-30 minutes until top is browned and meat is bubbling. Use digital thermometer to make sure that internal temperature reaches 165°F (74°C).

Nutrition Information

Per ¼ of recipe

Calories	295
Protein	21 g
Fat	11 g
Carbohydrates	28 g
Fibre	5 g
Sodium	698 mg

Preparation Time: 10 minutes

Cook Time: 20 minutes

Makes: 4 servings

Braised Lentils

Ingredients

1 Tbsp	(15 mL)	Olive oil
½ cup	(125 mL)	Onion, chopped
4 cloves		Garlic, minced
½ cup	(125 mL)	Carrot, chopped
½ cup	(125 mL)	Celery, chopped
1 can	(540 mL)	Lentils, drained and rinsed
¼ tsp	(1 mL)	Salt
½ tsp	(2 mL)	Dried paprika
1 tsp	(5 mL)	Dried thyme
1 cup	(250 mL)	Low sodium vegetable stock
1		Bay leaf

Instructions

- 1 In a medium-sized pot, heat oil over medium heat.
- 2 Sauté onion, garlic, carrot, celery until softened.
- 3 Stir in lentils, salt, paprika and thyme.
- 4 Add vegetable stock and bay leaf. Bring to a boil and reduce to a simmer.
- 5 Simmer for 15 minutes. Remove bay leaf before serving.

Serve ¾ cup braised lentils with your choice of rice, barley or whole wheat couscous and/or a side of vegetables.

Optional: Save 2 servings of Braised Lentils to make Shakshouka (page 5) the next day.

Nutrition Information

Per ¾ cup	
Calories	116
Protein	5 g
Fat	4 g
Carbohydrates	15 g
Fibre	7 g
Sodium	290 mg

COOKING TIP

As an alternative to canned lentils, try using dried lentils instead. 1 cup of dried lentils makes 1 can (540 mL) of cooked lentils. Add an extra 2 cups of vegetable stock or water to the braised lentils. Extend the cooking time by ½ hour or until dried lentils are tender.



Preparation Time: 10 minutes

Cook Time: 20 minutes

Makes: 4 servings

Shakshouka

Ingredients

1 tsp	(5 mL)	Olive oil
½ cup	(125 mL)	Onion, chopped
4 cloves		Garlic, minced
1 Tbsp	(15 mL)	Tomato paste
¼ tsp	(1 mL)	Ground cumin
3		Tomatoes, diced
1 cup	(250 mL)	Low sodium vegetable stock
⅛ tsp	(½ mL)	Salt
1 ½ cups	(375 mL)	Braised Lentils (see on page 4)
4		Eggs
¼ cup	(60 mL)	Fresh parsley, chopped (optional)
2-6 in	2-15 cm	Whole wheat pita, halved

Instructions

- 1 On medium heat, add olive oil to a frying pan and cook onions until softened. Add garlic, tomato paste, cumin and cook until fragrant, approximately 2-3 minutes, stirring occasionally.
- 2 Add tomatoes and stir to coat with spices. Stir in stock, salt and braised lentils.
- 3 Let simmer for 10 minutes until tomatoes are softened.
- 4 Crack eggs into a separate dish being careful to keep yolk intact. Add eggs to simmering tomato sauce to cook (poach). Cover pan while eggs cook for three minutes.
- 5 Remove from heat and sprinkle with chopped parsley.

Serve Shakshouka with whole wheat pita.

Nutrition Information

Per ¼ recipe

Calories	266
Protein	13 g
Fat	10 g
Carbohydrates	31 g
Fibre	7 g
Sodium	440 mg

COOKING TIP

For an interesting and spicier twist, add 2 tsp (10 mL) Harissa paste during cooking. For a Mediterranean flavour, add olives and dried oregano during cooking.



Preparation Time: 15 minutes
Cook Time: 25 minutes
Makes: 4 servings

Glazed Trout with Roasted Vegetables

Ingredients

1 Tbsp	(15 mL)	Olive oil
¼ tsp	(1 mL)	Salt
2 Tbsp	(30 mL)	Dried thyme
2 cups	(500 mL)	Red pepper
½	Medium	Acorn squash, peeled and diced
1	Medium	Red onion, sliced
1 Tbsp	(15 mL)	Low sodium soy sauce
2 Tbsp	(30 mL)	Honey
½ Tbsp	(7 mL)	Rice vinegar
12 oz	(340g)	Rainbow trout fillets

COOKING TIP

Acorn squash can be roasted whole to make preparation easier. Place whole squash in preheated oven at 400°F (200°C) for 20-25 minutes or until squash can be gently squeezed. Then slice open, remove seeds and peel.



Instructions

- 1 Preheat oven to 400°F (200°C). Line baking sheet with parchment paper.
- 2 In oven safe dish, toss olive oil, salt, thyme, red peppers, squash and red onions together. Bake for 25 minutes or until vegetables are tender.
- 3 In a small bowl, whisk together soy sauce, honey and rice vinegar.
- 4 Pour soy sauce mixture on baking tray with parchment paper. Place fish fillets skin side up on top of soy sauce mixture. Bake in oven for 15 minutes or until fish flakes when pressed.

Remove trout skin before eating and serve with roasted vegetables.

Optional: Save 2 servings to make Seafood Chowder (page 7) the next day.

BONUS!

Watch our video on how to make this recipe and the Seafood Chowder (page 7) at www.eatrightontario.ca/roastedtroutandchowder.



Nutrition Information

Per ¾ cup	
Calories	223
Protein	19 g
Fat	7 g
Carbohydrates	21 g
Fibre	2 g
Sodium	320 mg



Preparation Time: 15 minutes

Cook Time: 30 minutes

Makes: 4 servings

Seafood Chowder

Ingredients

2 Tbsp	(30 mL)	Olive oil
¼ cup	(60 mL)	Onion, diced
½ cup	(125 mL)	Carrot, diced
1 cup	(250 mL)	Potato, diced
½ cup	(125 mL)	Frozen edamame beans
2 Tbsp	(30 mL)	Flour
1 cup	(250 mL)	Skim milk
2 cups	(500 mL)	Low sodium vegetable stock
¼ tsp	(1 mL)	Salt
2 servings		Glazed Trout with Roasted Vegetables (see on page 6)

NUTRITION TIP

Frozen fish is budget friendly and just as nutritious as fresh. Look for salmon, trout, halibut in the freezer section. Including fish in your diet is a great way to get your omega 3 intake for the day.

Instructions

- 1 In a large pot, heat olive oil and cook onions until translucent. Add carrots, potato and edamame beans. Cook until carrots have softened.
- 2 Add the flour and cook while stirring for 2-3 minutes.
- 3 Pour in milk and stock while stirring. Season with salt and bring to a simmer.
- 4 Continue cooking until potato is tender, approximately 15 minutes.
- 5 Stir in leftover glazed trout with skin removed and roasted vegetables and gently cook to warm through.

BONUS!

Watch our video on how to make this recipe and the Glazed Trout with Roasted Vegetables (page 6) at www.eatrightontario.ca/roastedtroutandchowder.

Nutrition Information

Per ¼ recipe

Calories	298
Protein	15 g
Fat	14 g
Carbohydrates	28 g
Fibre	4 g
Sodium	355 mg



Preparation Time: 20 minutes

Cook Time: 35 minutes

Makes: 4 servings

Vegetarian Chili

Ingredients

1 Tbsp	(15 mL)	Olive oil
1 cup	(250 mL)	Onion, chopped
2 cloves		Garlic, minced
2 tsp	(10 mL)	Chili powder
1 tsp	(5 mL)	Ground cumin
¼ tsp	(1 mL)	Salt
1 can	(540 mL)	Black beans, drained and rinsed
3 cups	(750 mL)	Sweet potatoes, diced
1 cup	(250 mL)	Canned crushed tomatoes
1 cup	(250 mL)	Low sodium vegetable stock

Toppings

¼ cup	(60 mL)	Monterey Jack cheese, shredded
¼ cup	(60 mL)	Fat free Greek yogurt

Instructions

- 1 Heat oil in large pot over medium heat. Sauté onions and garlic for about 1-2 minutes.
- 2 While stirring, add chili powder, cumin, salt and black beans and heat until fragrant.
- 3 Add sweet potatoes, tomatoes and stock. Bring to a simmer and cook for 25 minutes or until sweet potatoes are cooked. If chili is too thick, add ½ cup (125 mL) water.

Top Vegetarian Chili with cheese and Greek yogurt.

Optional: Save 2 cups of Vegetarian Chili to make Stuffed Pasta Shells (page 9) the next day.

Nutrition Information

Per 1 cup	
Calories	250
Protein	10 g
Fat	6 g
Carbohydrates	39 g
Fibre	9 g
Sodium	360 mg

COOKING TIP

As an alternative to canned black beans, try using dried black beans instead. 1 cup dried black beans makes 1 can (540 mL) of cooked beans.

To prepare dried beans:

Let soak in water overnight and rinse. Add an extra 2 cups of water to the chili and extend cooking time by at least 60 minutes or until dried black beans are tender (can take up to 3 hours).



Preparation Time: 20 minutes

Cook Time: 30 minutes

Makes: 4 servings

Stuffed Pasta Shells

Ingredients

12		Jumbo pasta shells
½ cup	(125 mL)	Onion, chopped finely
½		Green Bell pepper, chopped finely
1½ cups	(375 mL)	Canned crushed tomatoes
⅛ tsp	(½ mL)	Salt
⅛ tsp	(½ mL)	Black pepper
1 pinch		Cayenne powder (optional)
3 sprigs		Fresh cilantro, chopped
2 cups	(500 mL)	Vegetarian Chili (see on page 8)
⅓ cup	(75 mL)	Monterey Jack cheese, shredded

COOKING TIP

Mix together Greek yogurt, chopped cilantro and ground cumin to top the stuffed pasta shells.



Instructions

- 1 Preheat oven to 425°F (218°C).
- 2 Cook jumbo pasta shells in a large pot of water until cooked but still firm (al dente). Drain and set aside to cool.
- 3 Once shells are cool to the touch, spoon Vegetarian Chili into the shells and set aside.
- 4 Mix onions, bell peppers, tomatoes, salt, black pepper, cayenne and cilantro together to make the tomato sauce.
- 5 Pour half of the tomato sauce into an 8-inch square or round baking dish and arrange stuffed shells on top.
- 6 Pour remaining tomato sauce over shells and sprinkle shredded Monterey Jack cheese on top.
- 7 Cover with aluminum foil and bake for 30 minutes. Remove foil half way through. Shells are ready when cheese is melted and shells are warmed through. Let cool for 5-10 minutes before serving.

Nutrition Information

Per 3 shells

Calories	302
Protein	13 g
Fat	6 g
Carbohydrates	49 g
Fibre	8 g
Sodium	420 mg



Preparation Time: 15 minutes
Cook Time: 40 minutes
Makes: 4 servings

Roasted Harvest Vegetables

Ingredients

2 Tbsp	(30 mL)	Olive oil
¼ tsp	(1 mL)	Salt
¼ tsp	(1 mL)	Black pepper
1 tsp	(5 mL)	Dried thyme or curry powder
1 clove		Garlic, peeled
4 cups	(1 L)	Celery root, diced
3 cups	(750 mL)	Butternut squash, diced



COOKING TIP

Celery root can also be eaten raw. Shred it or cut up into small pieces and add to a salad or coleslaw.

Instructions

- 1 Preheat oven to 400°F (200°C) and line baking tray with parchment paper.
- 2 In a large bowl, mix olive oil, salt, black pepper and thyme together.
- 3 Cut celery root and butternut squash into 1-inch squares. Add garlic, celery root and butternut squash to bowl and toss with olive oil mixture to coat.
- 4 Spread vegetables onto lined tray and bake for 40 minutes or until vegetables are tender.

Enjoy a serving of roasted vegetables alongside chicken, fish or tofu.

Optional: Save 2 servings of the Roasted Harvest Vegetables to make the Creamy Turmeric and Lentil Soup (page 11) the next day.

Nutrition Information

Per 1 cup	
Calories	154
Protein	3 g
Fat	6 g
Carbohydrates	22 g
Fibre	4 g
Sodium	240 mg



Preparation Time: 15 minutes
Cook Time: 25 minutes
Makes: 4 servings

Creamy Turmeric Lentil Soup

Ingredients

1 tsp	(5 mL)	Olive oil
¼ cup	(60 mL)	Onion, chopped
2 Tbsp	(30 mL)	Ginger, minced
1 Tbsp	(15 mL)	Garlic, minced
½ tsp	(2 mL)	Turmeric powder
¼ tsp	(1 mL)	Cayenne powder (optional)
½ tsp	(2 mL)	Salt
½ tsp	(2 mL)	Black pepper
½ cup	(125 mL)	Dried red lentils, rinsed
2 cups	(500 mL)	Roasted Harvest Vegetables (see on page 10)
2 cups	(500 mL)	Low sodium vegetable stock
2 cups	(500 mL)	Water
¾ cup	(175 mL)	Fat free Greek yogurt

Instructions

- 1 In a pot, sauté onion, ginger and garlic in olive oil.
- 2 Add turmeric, cayenne, salt and black pepper.
- 3 Stir in lentils, roasted vegetables, vegetable stock and water. Simmer for 20 minutes or until lentils are soft.
- 4 Purée until smooth using hand blender and stir in Greek yogurt.

Nutrition Information

Per 1 cup	
Calories	177
Protein	10 g
Fat	5 g
Carbohydrates	23 g
Fibre	5 g
Sodium	330 mg

NUTRITION TIP

Greek yogurt boosts the protein content and adds a creamy texture to the soup.



Ingredients

Here are some less common ingredients needed for these recipes. Use this information to help you find the ingredients next time you go grocery shopping.



Celery root

Known also as celeriac or knob celery. While the outer skin is brownish, the flesh inside is cream-coloured and tastes like celery, only stronger.



Cilantro

Sometimes also called fresh coriander or Chinese parsley. Cilantro is the fresh herb, and the dried seeds of this plant are called coriander.



Edamame beans

These beans are immature (young) soybeans in a pod.



Harissa paste

A spicy paste. The main ingredients are cayenne pepper, coriander, cumin, mint, garlic, caraway seeds and olive oil.



Sweet potato

A sweet tasting starchy root vegetable that can have either beige, yellow, orange, red or purple coloured flesh. Orange flesh coloured sweet potatoes can also be called yams.

Squash

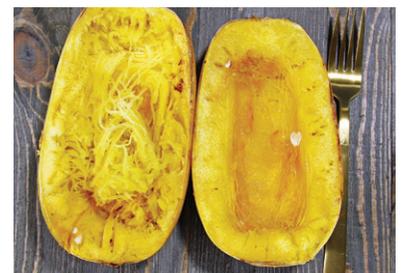
Winter squashes such as acorn, butternut and spaghetti squash all are harvested in cold weather.



Acorn - a dark green or yellow sometimes striped skin squash with an acorn shape.



Butternut - beige skin with orange flesh. It is a narrow cylinder with a bulbous end.



Spaghetti - bright yellow, long and narrow. Flesh becomes long fibres that looks like spaghetti when cooked.

Dried spices and herbs

Keep dried herbs and spices flavourful longer by:

- Storing in airtight containers away from direct sunlight and heat.
- Buying in bulk so you can buy more of the spices you use often and less of the ones you use occasionally.
- Keeping moisture out. Don't sprinkle herbs and spices directly over a steaming pot. Measure out the amount first and then add.



Bay leaves

Dried or fresh green herb sold as a whole leaf. Take out bay leaf from the cooked recipe before enjoying your meal.



Ground cumin

Yellow-brown seeds that are ground into powder. Primary ingredient of curry and chili powders.



Dried thyme

A tiny, green, dried leaf from a shrub. It is related to the mint family.



Cayenne powder

Bright red powder made from the dried, ground cayenne chili pepper. It has a spicy taste that will add heat.



Dried paprika

A red powder made from the ground bell or sweet pepper. It adds a mild level of spicy heat to dishes.



Turmeric powder

A bright yellow powder made from the dried root of a plant which is a member of the ginger family.



Chili powder

A red spice mixture made from dried hot red (chili) peppers and a blend of other spices like cumin, oregano and garlic. It adds a medium level of spicy heat to dishes.

Appendix 1: Food Costs

Recipe	Estimated cost per serving
Turkey Kofta and Cumin Scented Brown Rice	\$3.00
Turkey and Spaghetti Squash Sheppard Pie	\$3.75
Braised Lentils	\$0.80
Shakshouka	\$1.60
Glazed Trout with Roasted Vegetables	\$3.15
Seafood Chowder	\$2.50
Vegetarian Chili	\$1.50
Stuffed Pasta Shells	\$1.50
Roasted Harvest Vegetables	\$1.30
Creamy Turmeric Lentil Soup	\$1.50



What is EatRight Ontario?

EatRight Ontario is a free service that connects residents of Ontario to the trusted advice of Registered Dietitians. The service is free and does not require a referral.



There are three easy ways to reach a Registered Dietitian:

1 Call this toll-free number: **1-877-510-510-2**



2 Email a Dietitian on the EatRight Ontario website **www.eatrightontario.ca**



3 Go to **www.eatrightontario.ca** to find healthy eating articles, watch videos and explore interactive tools to help you with menu planning, portion sizes and setting goals.

EatRight Ontario Dietitians are:

- Qualified, registered professionals
- Up-to-date with the latest information
- Friendly and ready to help

EatRight Ontario Registered Dietitians can help by:

- Sending you free nutrition information by email or mail.
- Connecting with an interpreter to speak with you in over 100 different languages.
- Offering culturally adapted and translated handouts in Spanish, Chinese, Urdu, Gujarati, Punjabi, Hindi, Tamil and Arabic.
- Helping you connect to other services in your neighbourhood for more personalized advice.

EatRight Ontario dietitians cannot provide individual counseling or medical advice. Dietitians of Canada acknowledges the financial support of EatRight Ontario by the Ontario government.



Dietitians of Canada acknowledges the valuable support of project contributors working alongside EatRight Ontario staff.

