

3 RECIPES FOR LEFTOVER VEGETABLES

It happens all the time: We find a single serving of cooked vegetables or an odd portion of leftover pasta lurking in the back of the refrigerator. But it seems like such a waste to throw out perfectly good food. Instead, give leftovers a second life — as a new dish that's just as tasty as the original meal.

Make a Frittata

Preheat broiler. Set an ovenproof skillet over medium-low heat; add **1 tablespoon olive oil** and **1-2 cups leftover pasta or cooked vegetables** and warm gently for a minute or two.

In a bowl, whisk together: **6 large eggs, 1 tsp olive oil, pinch of kosher salt and pepper**

Add the egg mixture to the pasta or vegetables in the skillet and cook until eggs are set on the bottom, about 5 minutes. Use a heatproof spatula to lift the cooked egg so that some of the liquid egg flows to the bottom of the pan; cover and cook until the frittata is not quite set, about 5 minutes. Uncover the skillet and transfer it to the broiler; broil until the frittata is golden brown and puffed on top, 3-5 minutes. Serves 4.

Make a Veggie-Packed Pasta Sauce

In a blender or food processor, chop or puree **1-2 cups leftover cooked vegetables** to the consistency you prefer (either roughly chopped or pureed smooth).

In a skillet, warm **1 tablespoon olive oil** over medium heat; add **2-3 cloves garlic**, chopped, and cook until fragrant, about 2 minutes. Add one **28-ounce can whole peeled tomatoes**; bring the mixture to a boil. Use a spoon to break the tomatoes into chunks; simmer 20 minutes, until sauce thickens slightly. Add the chopped vegetables; cook 5-10 minutes more. Season with salt, pepper and **dried Italian herb seasoning**. Toss with **cooked pasta** or use in your favorite lasagna recipe. Serves 4.

Make Vegetable Stock

Stash vegetable trimmings in a gallon zip-top freezer bag—include carrot, parsnip and beet tops; onion peels and ends; trimmings from fennel bulbs, leeks, scallions, cabbage; mushroom stems; overripe tomatoes; stems from fresh herbs and winter greens; ends of summer and winter squash.

When the bag is full, remove the contents to a colander to thaw. Transfer the vegetables to a stock pot and add **water to cover**. Add **1-2 bay leaves**, a pinch of **red pepper flakes** or **6 whole black peppercorns**. Bring to a boil, then reduce heat and simmer at least 2 hours and up to 3. Cool the stock in the pot, then strain the liquid into a storage container. Use immediately, or freeze for up to 6 months. Use the stock to make soup, chili or sauces, or to cook rice and other grains. Makes about 6 cups.

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