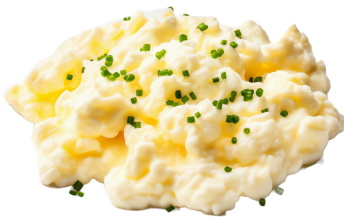


Food Scraps and Leftovers

What to do with all of those random leftovers or unused fruits and veggies in your fridge and pantry?



- Extra veggies like kale, zucchini, or squash? Throw them in a soup!



- Spinach, bell peppers, and onions are great ingredients to add to eggs for a hearty scramble

- Broccoli, carrots, and mushrooms pair well with whole wheat pasta and sauce



- Fruits like strawberries, peaches, and blueberries (plus some herbs like mint) are great toppers for low-fat plain yogurt

