

#EndFoodWaste

Save \$\$\$ & Reduce Waste: EAT LEFTOVERS



Put leftovers in a closed container & store in your refrigerator. Clear glass or plastic is best so you can see what is inside.

If you cannot eat all leftovers in 2 or 3 days – save them in the freezer.

- Use an airtight container or two freezer bags
- Label & date it so you know what's inside
- Eat within 6 months of freezing

USE
LEFTOVERS

Use Dried Beans Instead of Canned

It's as easy as 1 - 2 - 3!

1: Soak in water (add more as needed) for 8-10 hours

2: Drain off the water

3: Freeze – divide into 2 cup portions and put in separate containers/freezer bags. When a recipe calls for a 15 ounce can of beans, just take out a bag from your freezer!

Rinse to melt the ice & let sit for a few minutes to thaw; then rinse & drain as usual.

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One-Pan Chicken with Rice & Beans (4-6 servings)



INGREDIENTS:

- 4 chicken quarters
- ½ cup rice
- 2 cups beans (lentils, chickpeas, or white beans)
- ½ cup dried fruit (raisins, currants, cherries, and/or cranberries)
- 1 onion (chopped)
- 3 Tbsp. olive oil
- Dried spices (1 tsp. cinnamon or cumin, plus 1 tsp. turmeric, curry, or ground coriander)
- Salt & pepper
- Optional*: ¼ cup chopped fresh cilantro, parsley, mint, basil, dill

*Use dried herbs instead of fresh,
¼ cup fresh herbs = 1 tsp. dried



Heat oil in large skillet. Add chicken & sprinkle with salt & pepper. Cook 5-10 minutes. Turnover, sprinkle with more salt & pepper. Cook 5 minutes. Transfer chicken to a plate.

Add onion & dried spices to the skillet on medium-high heat. Stir 1-2 minutes. Add rice, stir, & quickly add 1½ cups of water. Scrape pan to release spices. Add beans & dried fruit, stir. Add chicken. Bring liquid to a boil then reduce heat to low, cover & simmer until the chicken is cooked through & the rice is done – 25-30 minutes. Remove from heat & stir to fluff rice. If desired, sprinkle with the fresh herbs.

TIP
Use dried beans not canned. Soak 1 cup beans in 4 cups water overnight. Drain.