



Add in bursts of flavour as you create meals using tasty foods from your fridge or from your freezer or from your pantry. “Leftovers” can be transformed when you consider a umami boost, a condiment infusion or a generous dose of herbs or spices.

Rehydrate some dried mushrooms from your pantry and they become a quick way to punch up a pasta dish, stir fry or risotto. Ground up dried mushrooms can be sprinkled over almost anything- even better combine with some other herbs. ( celery seed, garlic, basil and onion work well). A bit of chilli oil, sambal or sriracha is also transformative- honey and sriracha drizzled on leftover veggies is amazing.

If condiments such as fig jams, hot pepper jelly or flavoured mustards are languishing in the fridge make a grilled cheese sandwich and spread condiments on the insides of the bread before adding cheese ( use up odds and ends) . A bit of mayo spread on the outside makes for a crispy result.

Tomato paste, Worcestershire, parmesan cheese, soy sauce and kimchi all have what it takes to add in some extra flavour to your leftover game.

## Use it all up!

Adding in flavour to foods can help to **Use it all up!**

The abundance of seasonal fruits and vegetables can lead to increased food waste - in fact, Canadians lose 30% of purchased produce. This represents not only money lost but also farm labour and land misuse and increased greenhouse gas emissions.



Our efforts as individuals can make a positive difference- have a few flavour add- in tricks up your sleeve. You’ll have delicious meals, you’ll save money and you’ll have a positive impact on climate change.

Here are a few ideas to get you started:

- bits and pieces of fruits and vegetables can be turned into quick pickles ( search online for recipes) for an amazing addition to sandwiches, salads and almost anything else. Pickled strawberries and asparagus are delicious.
- herbs and/or citrus zest can be used for flavoured butters that pair with anything grilled or as a sandwich spread.
- salsa can be embellished with fridge finds. Toss in apples or raspberries , green onions, leftover broccoli or grilled vegetables.
- wilted greens can become a base for a pasta dish. While pasta is boiling ( save some of the starchy pasta water when draining), sauté wilted greens in garlicky oil and add in red pepper flakes, lemon zest and black pepper. Toss in some ricotta cheese, add some pasta water. Stir in the pasta and top with toasted almonds or walnuts. Pasta is pretty forgiving so change it up to suit what’s left in your fridge and pantry.

