

Most of us share the goal of wanting to eat delicious and healthy meals without wasting the food which we have chosen and for which we've paid ( or had delivered to the door by friends with gardens! )

Saving time, saving money and making individual efforts towards saving the planet are possible with some advance prepping and planning.

When you have an abundance of an item it's fun to look for creative new ways to **use it all up**. Stalks of rhubarb are not just for dessert. After you've had a tasty pie, try rhubarb in a BBQ sauce, ketchup or chutney. Now you've got some condiments all ready to accompany the next backyard cookout.

Asparagus is also versatile. Steamed asparagus in a salad with an orange vinaigrette, grilled asparagus to add to a creamy mushroom pasta dish one day and then used for a ciabatta sandwich- grilled asparagus, old cheddar, chipotle mayo and some greens.

Prep your meals while planning to use produce ( and other items too) in multiple ways.

Post #2 for week 5

“What is there to eat?” is much easier to answer if you've tried prepping and planning some meals in advance.

With grilling season in high gear, plan to cook enough of what you're barbecuing to ensure extra amounts for later in the week. Grilled chicken and vegetables for one meal can be transformed into a chicken, mandarin and almond salad bowl for another, perhaps a chicken, tomato and bean soup for a second and a quick grilled veggie and herbed cream cheese sandwich for a quick but tasty lunch.

Try prepping produce ahead for a few meals -check your plan for the week and look for ways to double up prep. Chopped onions may be needed for 2 or 3 meals, peppers, carrots and broccoli may be going into fajitas ,frittatas or used for snacking and fennel might be roasted as a side or sliced thinly later to toss with apples, toasted walnuts and a vinaigrette. Keep trying to look for ways to prep ahead - it will become a habit with some persistence.

There are many resources available to help you. Check out [webmd.com](http://webmd.com) ( search for Tips and Tricks for Advance Meal Prep) or the selection of healthy recipes at [www.mayoclinic.org](http://www.mayoclinic.org) or <https://food-guide.canada.ca/en/>

Your food prep efforts will make a difference!

**Use it all up!**