

PAIR LEFTOVERS WITH EGGS TO REDUCE FOOD WASTE

Looking to reduce food waste this holiday season? There are so many ways to repurpose leftovers into new and exciting meals that are nutritious too. Toss leftover vegetables into an omelet or frittata, turn mashed potatoes into savory veggie pancakes, or build a grain bowl with all the trimmings you have on hand. Pairing plant foods with high-quality protein foods – like eggs – can help meet daily protein needs and help achieve optimal vitamin and mineral intake.