

#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.

You can try the recipe as is or customize it for the ingredients you have and like.



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