

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Can't get to the grocery store? Don't *want* to go to the grocery store? Here are a few ideas about what to do with those left-over veggies...

- Chop them up, throw them on a sheet pan, drizzle with oil, add salt & pepper and roast them on 400 until caramelized
- Add to some broth or stock and make a soup
- Make veggie pizza - no pizza dough, no problem - tortillas make a great substitute as a crunchy, thin crust base
- Create a unique stir fry with the meat and seasoning of your choice
- Add chopped or diced veggies to eggs and make a nutritious omelet
- Cook whatever pasta you have on hand, add chopped veggies and shredded cheese, and toss with your favorite dressing for a quick pasta salad

Source: budgetbytes.com

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