

TURNING
LEFTOVERS
INTO
A NEW MEAL

Recommended by Quynh Anh

INSTEAD OF THROWING AWAY LEFTOVER FOOD, WE CAN USE IT TO CREATE ANOTHER DISH. THIS HELPS US REDUCE FOOD WASTE AND SAVE MONEY.



LEFTOVER FOOD DOESN'T HAVE TO BE BORING OR WASTED. WITH A LITTLE CREATIVITY, WE CAN TURN LEFTOVERS INTO A DELICIOUS NEW MEAL.

CHICKEN QUESADILLA MADE FROM LEFTOVER CHICKEN

RECIPE

INGREDIENTS:

1–2 TORTILLAS
100 G OF LEFTOVER COOKED CHICKEN
50 G OF CHEESE
SOME LEFTOVER VEGETABLES, SUCH AS
ONIONS OR BELL PEPPERS
1 TEASPOON OF COOKING OIL
A LITTLE SALT AND PEPPER

INSTRUCTIONS:

1. CUT THE LEFTOVER CHICKEN INTO SMALL PIECES
2. CUT THE VEGETABLES INTO SMALL PIECES
3. HEAT A PAN AND ADD A LITTLE OIL.
4. PUT ONE TORTILLA IN THE PAN.
5. ADD THE CHICKEN, VEGETABLES, AND CHEESE ON ONE HALF OF THE TORTILLA.
6. FOLD THE TORTILLA IN HALF
7. COOK FOR ABOUT 2–3 MINUTES ON EACH SIDE UNTIL THE TORTILLA IS GOLDEN AND THE CHEESE MELT
8. CUT IT INTO PIECES AND SERVE.

