

Cross Utilization is the use of a single ingredient across two or more recipes. Using this meal planning strategy can help you keep food waste and food costs to a minimum!

Recipe	Ingredients	Use it in
<u>Carrot Cake Smoothie</u>	Bananas Carrots	Use bananas & eggs in <u>Banana Nut Oatmeal Cookies</u>
<u>Fiesta Turkey Burgers with Special Sauce</u>	Onion Carrots Bell Pepper Ground Turkey	Use carrots in <u>Salad with Red Wine Vinaigrette</u>
<u>Spinach & Feta Fritattas</u>	Onion Spinach Bell Pepper	Use extra spinach & eggs in <u>Creamy Avocado Egg Sandwich</u>
<u>Fish Tacos with Mango Cabbage Slaw</u>	Cabbage Bell Pepper	Use extra cabbage & ground turkey in <u>Unstuffed Egg Roll Bowl</u>
<u>Quick Red Beans and Rice</u>	Bell Pepper Onion Celery Garlic	Use prepared beans in <u>Red Beans & Cheese Quesadillas</u>

- Ingredients to Cross-Utilize
- _____
 - Bell Peppers
 - Carrots
 - Bananas
 - Garlic
 - Shredded Cabbage
 - Ground Turkey
 - Spinach
 - Onions
 - Eggs

