

15 minutes to prep

Recycle your leftovers

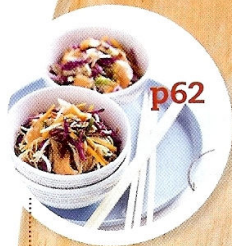
Can't finish all the meals you've made from this issue? Read on for quick and easy ways to re-use the good food you've created.



p72

Why not create the ultimate chicken sandwich to use what's left of your chicken with saffron & cranberries, p72.

Thinly slice leftover chicken meat. Spread one piece of wholegrain bread with avocado and another with low-kilojoule cranberry sauce (available in the condiment section of most major supermarkets). Arrange chicken over avocado, add mesclun, cucumber and canned asparagus, then top with the other slice of bread.



p62

Turn this recipe for warm salmon & noodle salad, p62, into a quick miso soup.

Drain salad leftovers, removing as much dressing as possible. Set aside. Make instant miso soup (available in the Asian section of major supermarkets) according to packet directions. Add bok choy and salad to the soup, heat well. Garnish with finely sliced spring onions.



p72

Extend our grape tomato & green bean salad, p72, into a fresh veggie pasta.

Cook pasta according to packet instructions. While cooking, chop some olives and add to salad leftovers. Set aside. When pasta is cooked, drain and return to pan. Add salad and heat through. Serve with shaved parmesan cheese.



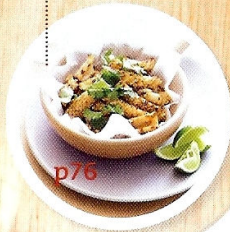
p77

Transform mini haloumi & vegetable skewers, p77, into pita bread pizzas.

Preheat oven to 180°C or 160°C fan-forced. Remove leftover vegies and haloumi from skewers. Spread pita bread with tomato paste. Top with leftover haloumi, vegies and torn basil leaves. Bake quickly in the oven until topping is heated and base is crispy.

Make a tasty dish of tomato squid on polenta from the barbecued chilli garlic squid, p76.

Sautee garlic and onion in a frying pan. Add a tin of crushed tomatoes and simmer lightly. Add leftover squid pieces and heat well. While heating, make polenta as per packet directions. Dish polenta onto plates, add chopped parsley to squid and tomato mix, then serve.



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must-do memo: December

WALK AGAINST WARMING

Let your feet do the talking and walk to help raise awareness of global warming. There are walks organised throughout Australia on December 12, so visit www.walkagainstawarming.org for details and find an event near you.



get a handle on your handbag

Summer means more outings for lunch and dinner, and no one likes having their bag - whether it's Prada or Portmans - on the ground or in their lap. That's why former model and makeup artist Ana Slavka came up with the Handbag Butler, a foldable hook to hang your handbag from a table top. Available in more than 20 designs, the innovation also comes in its own mini-purse for easy storage. More information at www.handbagbutler.com.au

DRINK ANYONE?

Australia has some of the oldest grape vines in the world. Many of Europe's established vineyards were destroyed by the disease phylloxera in the 1800s. The only survivors were the vines brought to Australia.