



Dietitian's Dish

Easter dinner and beyond... Nothing left to waste!

When you plan a Holiday menu, do you think about how you'll use leftovers?

Planning is key to cutting back on food waste at home!

If you're serving ham and veggies for Easter dinner, plan a weekly dinner menu with new uses for the leftovers. Stock up on frozen veggies and canned fruit in case there aren't enough left to complete your intended meals the rest of the week.

Pick up canned pineapple and frozen broccoli with your Easter Ham.

Hawaiian Pizza

- Cheese pizza (homemade or frozen)
- Leftover ham
- Leftover (or canned) pineapple
- BBQ sauce (to drizzle)



Omelet Rolls



Ingredients:

- 4 oz. Neufchatel cream cheese, softened
- 3/4 cup low-fat milk
- 2 Tbsps. all-purpose flour
- 1/4 tsp. salt
- 12 large eggs
- 2 Tbsps. Dijon mustard
- 2 cups shredded 2% cheddar cheese, divided
- **Optional Fillings:** Cooked ham (diced), leftover roasted veggies (chopped), steamed broccoli (chopped), steamed bell peppers (diced), tomatoes (diced), etc.



Directions:

- Line the bottom and sides of a greased 15x10x1-in. baking pan with parchment; grease the parchment and set aside.
- In a small bowl, beat cream cheese and milk until smooth. Add flour and salt; mix until combined. In a large bowl, whisk eggs until blended. Add cream cheese mixture; mix well. Pour into prepared pan.
- Bake at 375° F until eggs are puffed and set, about 30-35 minutes. Remove from the oven. Immediately spread with mustard and sprinkle with 3/4 cup of the cheese. Top with other optional fillings and 1 cup of the cheese.
- Roll up from the short side, peeling parchment away while rolling. Sprinkle top of the roll with the remaining 1/4 cup of cheese; bake until cheese is melted about 3-4 minutes longer.