

EMPTY THE FRIDGE SALAD

If you've been following my blog, you might notice a theme that runs through many of my recipes—I hate to waste food. And with the cost of fresh produce skyrocketing, it pains me to have to throw away things that might be a tad close to the edge. My solution—stir fry leftover veggies, throw in some greens at the end and chop up those leftover hamburger patties or chicken or steak rather than wasting them. Mix with your favorite dressing or even add some salsa for a little zing. This recipe is extremely flexible, so feel free to substitute your favorites.

INGREDIENTS (serves 1)

2 Tbsp olive oil

$\frac{1}{4}$ cup onions, chopped

$\frac{1}{4}$ cup carrots, chopped

$\frac{1}{4}$ cup celery, chopped

$\frac{1}{4}$ cup cauliflower, chopped

$\frac{1}{2}$ cooked yam, chopped

1 cooked turkey patty, chopped

$\frac{1}{2}$ cup spinach

$\frac{1}{4}$ cup salsa

Salt, pepper, red pepper flakes to taste

PREPARATION

Heat a large skillet. Add in the olive oil. Once it starts to shimmer, add in the onions, carrots, celery and cauliflower. Season with salt, pepper and red pepper flakes. Cook until

starting to brown, mixing ingredients often.

During the last minute, add the yam and turkey patty to reheat. Remove from heat and mix in spinach and salsa.

Empty all contents onto a plate and enjoy!