

Dressed-Up Leftovers

In just 20 minutes, you can turn leftover chicken or beef into a tempting, second-day dish.

Chicken Fried Rice

PREP/TOTAL TIME: 20 min.

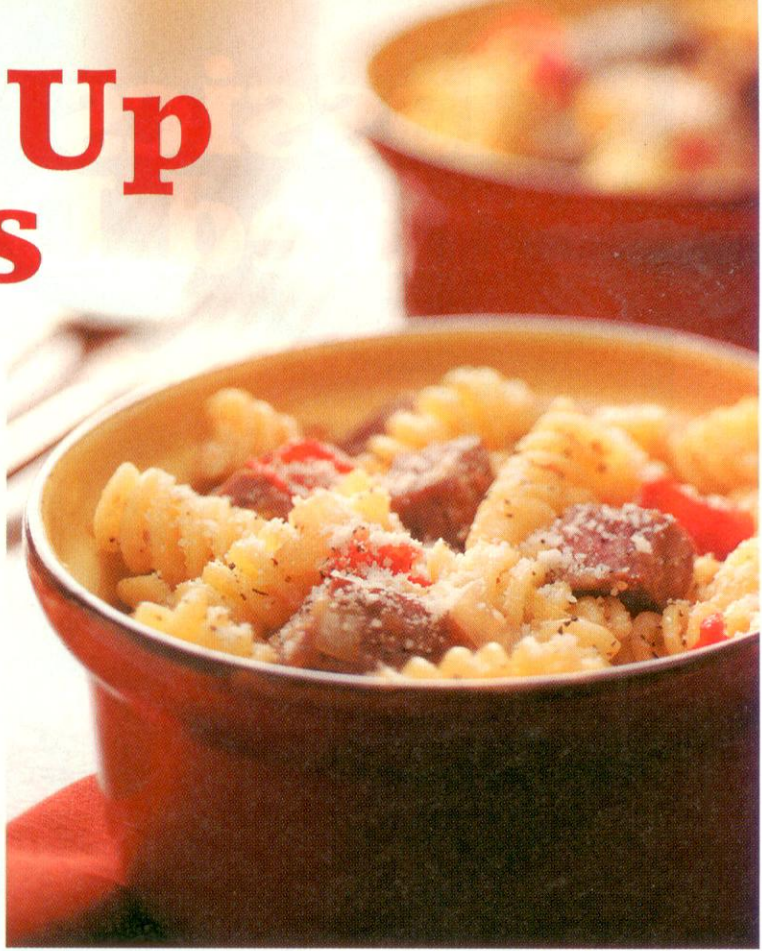
David Tiren of Catonsville, Maryland uses leftover chicken and rice to make this classic Chinese recipe, enhanced with soy sauce and green onions.

- 1/4 cup chopped fresh mushrooms
- 1 tablespoon canola oil
- 1-1/2 cups cold cooked long grain rice
- 3/4 cup cubed cooked chicken
- 2 tablespoons reduced-sodium soy sauce
- 1 egg, beaten
- 1 green onion, sliced

In a large skillet or wok, stir-fry mushrooms in oil until tender. Stir in the rice, chicken and soy sauce. Cook over low heat for 10 minutes, stirring occasionally.

Add egg and onion; cook and stir for 1-2 minutes or until egg is set. **Yield:** 2 servings.

NUTRITION FACTS: 1 cup equals 368 calories, 14 g fat (2 g saturated fat), 153 mg cholesterol, 684 mg sodium, 36 g carbohydrate, 1 g fiber, 23 g protein.



Roast Beef Pasta Skillet

PREP/TOTAL TIME: 20 min.

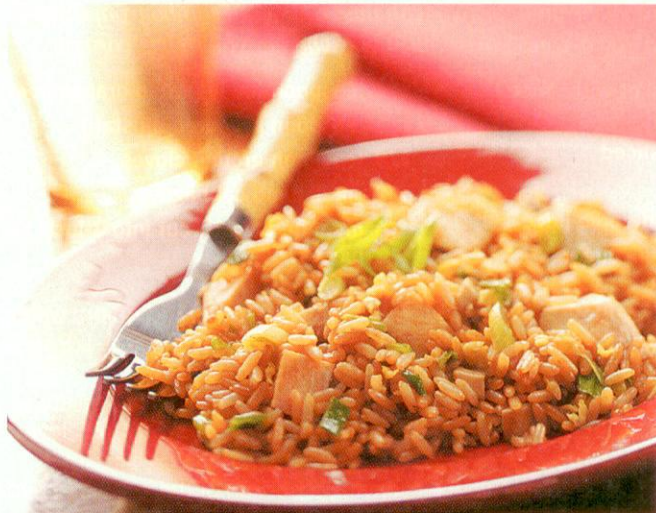
Extra portions of beef star in this mouth-watering skillet dinner from Bill Hilbrich from St. Cloud, Minnesota. Chopped tomatoes and Parmesan cheese add color and flavor to this no-fuss dish.

- 1 cup uncooked spiral pasta
- 1/2 cup chopped onion
- 1 teaspoon olive oil
- 1 teaspoon butter
- 1 cup cubed cooked roast beef
- 1 teaspoon pepper
- 1/2 cup chopped tomato
- 1/2 cup grated Parmesan cheese

Cook pasta according to package directions. Meanwhile, in a large skillet, saute onion in oil and butter until tender. Add roast beef and pepper; heat through.

Drain pasta; add to beef mixture. Stir in tomato and Parmesan cheese. **Yield:** 2 servings.

NUTRITION FACTS: 2 cups equals 525 calories, 26 g fat (11 g saturated fat), 91 mg cholesterol, 444 mg sodium, 38 g carbohydrate, 3 g fiber, 34 g protein.



What's Left?

If you have a surefire way to make leftovers taste better the second time around, share your recipe at www.cookingfor2.com. See Contributor Guidelines on page 5.