

Rescue recipe

Uses any leftover cheeses that need eating. Most cheeses will do.

Feeds 2 adults and 2 children

Keep a pack of flour tortillas (from the Mexican section in big supermarkets) in the store cupboard as the perfect 'envelope' when you have leftover vegetables, such as sweet potato, butternut squash and carrots. Then hunt through the fridge and pull out all those scraps of leftover cheese – the wedge of Stilton, the finger of Gruyere, that bit of Cheddar – and put the lot together in minutes.

8 wheat flour tortillas

500g cooked sweet potato or butternut squash, lightly crushed or chopped

Sea salt and pepper

100g leftover cheeses, grated

200g fresh mozzarella

Handful of basil leaves

Anything-goes quesadilla

By Jill Dupliex



1. Place a flour tortilla in a dry, non-stick frying pan and lavishly spread with the crushed vegetables, right to the edges.
2. Season with salt and pepper and scatter with the cheeses and basil. Top with another flour tortilla and cook over a medium heat until lightly browned, about 3 mins.
3. Turn once, and cook the other side until lightly browned and the cheese has melted.
4. Transfer to a board, and keep warm, while you make the others. Cut into halves or quarters to serve.

Every year in the UK we throw away £12 billion worth of good food, costing the average family £50 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away 'in date'.

Date Labels

Use-By

Food can be eaten or frozen right up to the end of this date. Follow storage instructions on packs. 'Use by' dates are usually found on chilled products such as meat, soft cheeses and dairy-based desserts.

Best Before

These dates refer to quality rather than food safety. Foods with a 'best before' date should be safe to eat after the 'best before' date, but they may no longer be at their best. One exception is eggs - never eat eggs after the 'best before' date. 'Best before' dates are usually found on items with long shelf lives such as frozen, tinned or dried foods, and pre-packed fruit and vegetables

Display Until and Sell By

You can ignore these dates as they are for shop staff not for shoppers.

For handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.com

