Do you ever stand in front of the fridge or pantry and take out what you have and say, “What can I make with this?”

You are not on an episode of Chopped so don’t worry about beating the clock! There are even a couple of apps/websites for this very situation: [www.supercook.com](http://www.supercook.com), [www.fridgetotable.com](http://www.fridgetotable.com), [www.foodcombo.com](http://www.foodcombo.com), and [www.myfridgefood.com](http://www.myfridgefood.com).

For example, when I add my fridge’s ingredients Supercook gives me fantastic ways to cook green beans:
**Fridgetotable** is my speed because you just type in your ingredients and possible ideas and recipes and up comes a results list.

**Foodcombo** will also take your ingredients, deliver a recipe but tell you if you have an ingredient missing. It also offers tips on how to make your veggies savory, i.e. how to caramelize onions. . .

**Myfridgefood** is similar to Fridge to Table in that you have to build a list by clicking on the ingredients you have. Explore the websites if you are stuck for an idea on what to do with what you have on hand. Bon Appetite Everyone! And don’t forget the most important ingredient is love!