

gastropost

FOOD MISSIONS FOR FOOD LOVERS

CALGARY

YOUR MISSION COMPLETED: LESS IS MORE

Gastroposters did more with less for this week's mission! Limited to just five ingredients or fewer, here are some of the minimalist masterpieces you created. On these pages, [Twitter handles in blue](#) and [Instagram in brown](#).



Kiki Ueberacker Johnson @cinnamonandcoriander Middle Eastern tomato salad with pomegranate sumac dressing. Only five ingredients.



Marina Mellino @thespicechica
Flour, eggs, butter, spinach and Parmigiano. Delizioso!



Myra Stein @myrasbest
Scallops, bacon, eggs, mushrooms and spinach



Lindsay Powell @wineandfoodblog
Toasted tomato sandwich: my go-to when I am in a rush



Maya Gopakumar @mayaumg
Pancakes with just two ingredients: banana and egg



Bernice Hill @dishntheKitchen
Pork, herbs, mushrooms and chicken stock over potato mash



Jennifer Crawford @jennyc669
Less is more: cucumber, celery, peppers, celery seed and dill



Lydia Siu @lyds928
Eggs and hot sauce



Derek Brown @steel_ninja
Waffles: water, rolled oats, banana, ground flax and vanilla



Daisy Go @daisygo
Bread, tomatoes, avocado, alfalfa sprouts and cream cheese



Shannon Dobos @shannondobos
Caramelized cabbage and onions in bread dough tastes like more to me.



Felicia Phillips @f3lic1a
Cream, strawberries, sugar, vanilla and salt



Necole Hines
Frequent Gastroposter
Summer salad with five ingredients

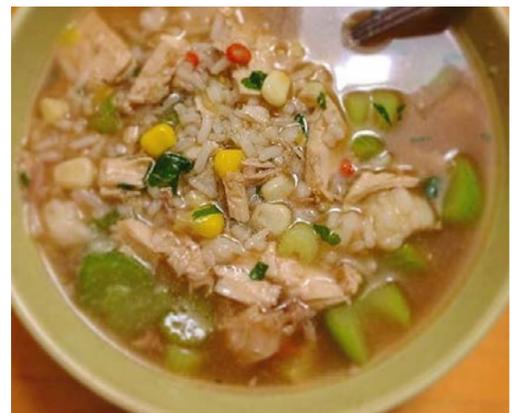


Sheryl Solis @sherylsolis
Simple breakfast: toasted bread with cheese

JOIN US!

- ✓ Get your food pics & ideas published in the paper
- ✓ Be the first to find out about new Gastropost missions

NEXT MISSION: SHOWING LEFTOVERS SOME LOVE



As we all know, when it comes to food it's a shame to let any go to waste. So don't! For this week's mission, we want **Gastroposters to show some love for leftovers**. Whether it's a big batch you're cooking to see you through a workweek's worth of lunches, a supper surplus you purposely keep to repurpose to make another dish or you're using whatever's left in the fridge to make a meal, **show us what you do with leftovers when left to your own devices**.

Photo of leftovers turned into turkey rice soup with ginger cilantro and Thai chillies by Gastroposter **Jessica Newhook**

MISSION INSPIRATION



"The real reason we should all roast a turkey!" Gastroposter **Marla Shoemaker** says of using leftovers to cook this delicious turkey pot pie.

GASTROPOST IT

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