



‘Kentucky Health’ discusses the use of leftovers to make delicious and nutritious dishes

FOR RELEASE: Dec. 17, 2023

Think twice before tossing out leftovers – there’s a lot of flavor as well as good nutrition in there!

Join Dr. Wayne Tuckson for the next *Kentucky Health* as we talk to Christopher Stallard, chef and owner of Michael Grant Gastronomy in Louisville, about making delicious dishes from table scraps and other leftovers.

Kentucky Health

KET Sunday, Dec. 17 • 1:30/12:30 pm

KET2 Monday, Dec. 18 • 2/1 pm

Watch on-demand at [KET.org](https://ket.org) and on the PBS app

Kentucky Health is a KET production, hosted by retired Louisville surgeon Dr. Wayne Tuckson and produced by Christie Dutton.

KET is Kentucky’s largest classroom, where learning comes to life for more than two million people each week via television, online and mobile. Learn more about Kentucky’s preeminent public media organization at [KET.org](https://ket.org), on Twitter [@KET](https://twitter.com/KET) and at facebook.com/KET.

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