



FOOD WASTE

COOKING GUIDE

“Stem-to-root” cooking

Many parts of vegetables that Americans typically throw out can be used to make creative and delicious meals. Here are some recipes and tips.

Broccoli and cauliflower stalks

- Broccoli Stem and Red Pepper Slaw
- Pan-Fried Broccoli Stems
- Simple Broccoli Stem & Brown Rice Stir Fry
- A general guide to cooking with broccoli stalks
- Shred stems of cauliflower, broccoli and mushrooms to use in soups, as the base for veggie burgers, *sautéed to make soup stock*, or mashed into appetizers.

Beet greens

- Sautéed Beet Greens with garlic and olive oil
- Sautéed Tofu with Bitter Greens

Radish tops

- Radish Leaf Pesto
- Rustic Radish Soup
- Roasted Radishes with Radish Greens

Citrus peels

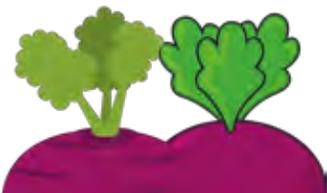
- Dry them in the oven at 200 degrees for future use in stews and sauces.

Carrot tops

- Carrot Top Pesto
- 8 Unique Ways to Cook with Carrot Tops so You Can Stop Being Wasteful

Apple skins

- Turn apple skins into apple chips.





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Last-minute saves

Don't trash food that's past its prime without trying these recipes first:

Brown and/or mushy bananas

- Banana Bread
- Banana Pancakes
- Banana "Nice-cream"

Stale grains

- Breakfast Cereal Cookies
- Turn stale bread into croutons for salad.

More fruit fixes

- Freeze fruit that's starting to ripen for a delicious, cool treat. (If you haven't tried frozen watermelon, you're missing out on a low-cal, low-cost, low-carbon treat!)
- Smoothies
- Fruit Pies

Be Creative

- Leftovers getting old? Try combining them with fresher ingredients to modify them into new meals.
- Have a few friends over for a potluck to share recipes and get creative with cooking unfamiliar vegetables from a CSA or farmers' market.
- Get in the weekly habit of doing "kitchen-cupboard" recipes before shopping. Look around your kitchen at the food you already have and create recipes from that before buying fresh groceries.

