“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.

**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.

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

**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.
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.