



# AMAZING WASTE

50 recipes to use food scraps,  
repurpose leftovers, and reduce food waste

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# Bruised Apple Sauce

## Ingredients

4 bruised apples

½ tsp cinnamon

¼ C sugar

¾ C water

## Directions

1. Peel the apples, remove the stems and cores
2. In a saucepan, combine apples, water, sugar, and cinnamon
3. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft
4. Allow to cool, then mash with a fork or potato masher



# Baked Bruised Apple Crisps

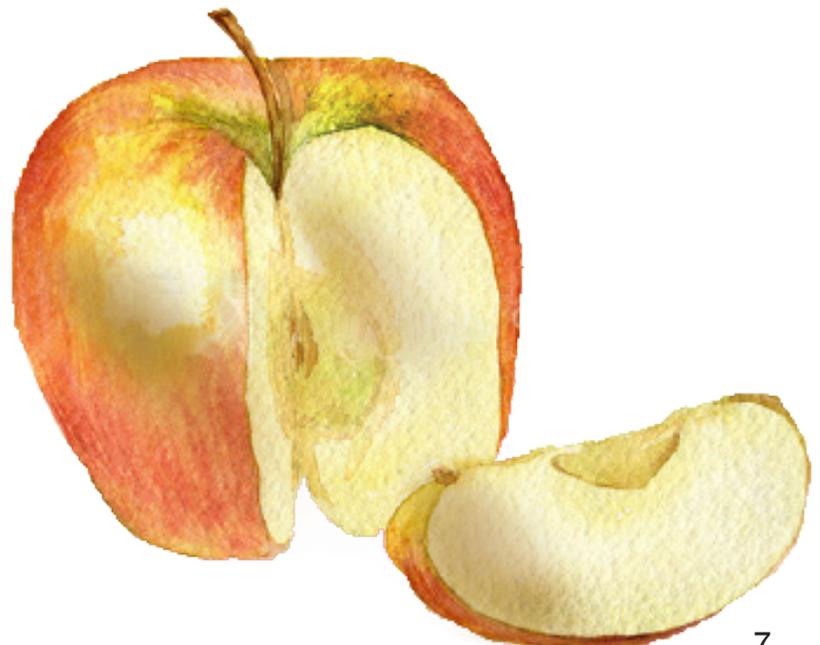
## Ingredients

Bruised apples

Cinnamon

## Directions

1. Preheat oven to 225 degree oven
2. Cut apples into slices and arrange in a lined baking sheet and sprinkle with cinnamon
3. Bake for two hours, flipping the slices over after an hour.



# Apple Peel and Core Tea

## Ingredients

6 apple peels/apple cores

3-4 C water

1/2 tsp cinnamon (or 1 cinnamon stick)

1 Tbs honey

1 Tbs lemon juice

## Directions

1. Place apple peels in a sauce pan. Cover with water and lemon juice and cinnamon.
2. Bring to a boil for 10-15 minutes, until liquid is colorful and apple.
3. Strain out the apple peels using a colander positioned over a large bowl, then, add in the honey. Taste... add additional honey or cinnamon to taste



# Overripe Banana Ice Cream

## Ingredients

Overripe Bananas

Cocoa Powder

## Directions

1. Slice the bananas and freeze.
2. Blend the frozen bananas until they reach ice cream-like consistency.
3. Add cocoa powder



# Candied Citrus Peel

## Ingredients

Citrus peels

Sugar

Water

## Directions

1. Slice peels into thin strips (about ¼" wide).
2. In a medium pot of boiling water, cook peel until tender, about 10 minutes.
3. Transfer peels to a wire rack and set in a single layer to dry slightly, about 15 minutes.
4. In a medium saucepan bring about ½-1 cup sugar and 1 cup of water to a boil over high heat, stirring to dissolve sugar. Add peel and boil until it turns translucent and syrup thickens, 8-10 minutes.
5. Transfer to wire rack, separating pieces as needed. Let dry for about an hour, then finish by tossing peel in a bit of sugar to coat



# Wrinkled Grape and Lemon Peel Breakfast Cake

## Ingredients

- 1 ½ C of wrinkled, mushy grapes
- Peel (grated into zest) of 1 lemon
- 2 large eggs
- ¼ C milk
- ½ C plus 1 tbsp olive oil
- 1 tsp vanilla extract
- ½ C plus 1 tablespoon sugar
- 1 ½ C self-rising flour
- 2 Tbsp walnuts/pecans (optional)



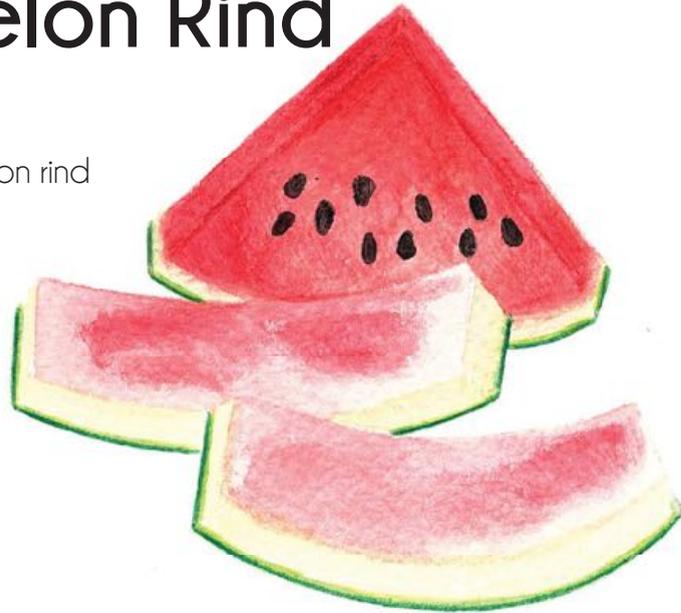
## Directions

1. Preheat the oven to 350 degrees
2. Wash the grapes, dry well and set aside
3. In a large bowl, whisk together the eggs, milk, 1/2 cup olive oil, vanilla, lemon peel zest, and 1/2 cup of the sugar then stir in the flour and mix well until smooth.
4. Grease a 9-inch tart/pie pan with 1 tablespoon of olive oil and pour in the batter.
5. Place the grapes evenly on top of the batter to cover the entire surface and press the grapes halfway into the batter.
6. Scatter nuts (optional) evenly on top and sprinkle with the remaining tablespoon of sugar.
7. Bake 45 minutes until golden brown

# Candied Watermelon Rind

## Ingredients

16 C of cubed skinless (outer green skin) watermelon rind  
1/2 tsp of ground yellow mustard seed  
8 C of white superfine cane sugar  
3/4 C of fine ground kosher salt  
4 C of organic apple cider vinegar  
12 crushed whole cinnamon sticks  
2 Tbs of whole cloves  
12 C of bottled water



## Directions

1. Trim the hard green outer skin off the watermelon rinds and cut rinds into small one inch cubes.
2. In a large mixing bowl mix the rinds, bottled water, and salt until salt dissolves. Seal bowl, and store in the fridge over night.
3. The next day, drain water from the bowl, refill with fresh water and dump into a large saucepan. Bring contents to a boil and cook for a half hour. Drain water, add apple cider vinegar and sugar. Set aside.
4. In a cheesecloth bag add in cloves, ground yellow mustard seeds, and crushed cinnamon sticks. Tie the bag and add to sugar and vinegar mixture. Bring mixture to a boil, remove from heat and let stand for 15 minutes.
5. Then add the boiled watermelon rind and boil again in vinegar mixture until rind is completely transparent and vinegar thickens with the sugar, about 50 minutes.
6. Remove spices from mixture then spoon rind and syrup into canning jars, leaving a half inch head space. Process jars by letting them stand in boiling water for 10 minutes.

# Watermelon Rind White Gazpacho Soup

## Ingredients

- ¾ C blanched, slivered almonds
- 1 C loosely packed parsley or mint leaves, or a combination of the two
- 1 stalk celery, cut into chunks
- 1 dozen cherry tomatoes
- 1 clove garlic
- 1 ½ C bread cubes, like ciabatta or sourdough
- 5 Tbs olive oil
- About 2 lbs cucumbers (about 4)
- About 2 lbs cubed watermelon rind, pale pink and green parts, hard skin removed
- About 8 C (from 1/2 watermelon)
- 1 Tbs sherry vinegar or rice wine vinegar, more as needed
- 1 Tbs salt, more as needed

Tip: total weight of cucumber and watermelon pieces should be 4 pounds, but it is not necessary to use precisely 2 pounds of each

## Directions

1. In a food processor or high-speed blender combine almonds, herbs, celery, tomatoes, garlic, bread and oil purée until smooth, and transfer mixture to a large bowl. 2. Cut cucumbers into chunks (if using thick-skinned cucumbers, peel and seed them first) and combine cucumbers, watermelon rind, vinegar and salt in the processor. Purée until smooth. Add to the other purée and whisk/blend together well. 3. Add more salt and vinegar if desired. Chill for at least two hours before serving.

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## Food Scrap Recipes: Vegetables

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# Asparagus Ends Soup

## Ingredients

25-60 asparagus ends  
1 tbsp coconut or olive oil  
1 yellow onion, chopped  
2 medium red potatoes (and skins), chopped  
½ lemon  
¼ cup cream  
Salt and pepper to taste

## Directions

1. In a large pot, place the asparagus ends and cover with water to about an inch over the asparagus.
2. Bring water to a boil and cook the asparagus ends for about 30-40 minutes until mushy
3. Blend the asparagus and liquid in small batches and strain to get rid of the hard fibrous pulp
4. Heat oil in large pot and add the onion and potatoes and cook on high heat for about 10 minutes until vegetables begin to look brown and cooked
5. Add the reserved asparagus stock and simmer on medium for about 20-30 minutes until all vegetables are cooked through and soft.
6. Blend everything together until smooth and creamy
7. Add lemon juice, cream, salt and pepper.



# Beet, Radish and Turnip Top Saute

## Ingredients

Beet tops  
Radish tops  
Turnip tops  
Salt and pepper  
Lemon juice  
Butter

## Directions

1. Wash the tops thoroughly, chop finely and put them in a bowl
2. Add the salt pepper and a dash of lemon juice
3. Saute the tops in butter on a non stick pan.

## Additional Note

You can add garlic, olive oil, and pine nuts to the tops, then puree the combination. This will give you an earthy, delicious pesto for pasta or meats.



# Moroccan Beet Greens

## Ingredients

- 3 bunches beet greens, red stems removed
- 2 Tbsp olive oil for cooking
- ¼ tsp cumin
- ¼ tsp paprika
- 1 pinch salt (no more)
- ¼ piece preserved lemon
- 1 Tbsp good olive oil
- 1 pinch crushed pepper flakes
- 2 pieces cloves of garlic grated
- 1 tbsp chopped cilantro
- 1 tbsp chopped parsley

## Directions

1. Wash the greens well and leave them in a bowl full of cold, clean water
2. Heat up 2 tablespoons of olive oil in a sauce pan. When it is just warm, add the garlic, cumin, and paprika
3. Remove the greens from the water, without draining. Place them on a chopping board, and chop them coarsely, then add them to the pan. Turn the heat to medium and give everything one good stir to coat the greens with the spices. Cover tightly, and let it simmer for 5 minutes
4. Meanwhile, take a quarter of a preserved lemon (don't wash it), and cut it into 1/4-inch cubes. Set aside a couple for decoration. Uncover the pan and add the preserved lemon cubes and the chopped cilantro and parsley. Stir, cover and let it cook for 5 more minutes. Then remove from the heat.
5. When serving, drizzle about one tablespoon of olive oil over the greens. Garnish with the remaining lemon cubes, and sprinkle with chili pepper powder. This dish tastes great with a fried egg and is usually eaten with bread.



# Warm Grain Salad with Beet Greens and Mushroom Stems

## Ingredients

Mushroom stems from 1 box of mushrooms, cut into small pieces

Beet greens from 1 bunch of beets , chopped

½ C minced onion

2 minced cloves of garlic

1-2 C grain of choice

½ C of feta cheese

2 Tbsp olive oil

Salt and pepper to taste

## Directions

1. Add olive oil to large skillet placed over medium heat.
2. When oil has warmed up, add onion and sauté for 3-4 minutes. Add and sauté garlic for another 2 minutes.
3. When onion and garlic are translucent and fragrant, add mushroom stems and beet greens and cook for 5-10 minutes, until well cooked.
4. Add grain of choice and mix until well blended and hot.
5. Season to taste. Turn off heat and add crumbled feta. Enjoy warm.



# Broccoli Stem & Cauliflower Core Slaw

## Ingredients

Broccoli Stems

Cauliflower Cores

Carrot Shavings

Bruised Granny Smith Apple

Leftover Celery

Dijon Mustard

Cider Vinegar

Salt

Pepper

1 clove of garlic

## Directions

1. Thinly slice all the leftover veggies and fruits, make sure all the shavings are the same size.
2. Add the mustard, vinegar, mayo and sliced garlic.
3. Mix all the ingredients and add salt and pepper to taste. Let the slaw sit for an hour before serving.



# Shaved Broccoli Stalk Salad with Feta Cheese

## Ingredients

Leaves and stalks (usually 3 stalks) from 1 bunch of broccoli

Olive oil

1 ½ tsp of lime juice

Salt and pepper to taste

Odd bits of leftover/old feta cheese

## Directions

1. Trim the tough ends off the stalks, remove the tough outer layer of each stalk by using four, long cuts with a knife.
2. Use a vegetable peeler to shave the broccoli stalks into paper thin strips.
3. Place the shavings into a bowl and toss with the olive oil, lime juice, salt and pepper to taste. Fold in the cheese and serve immediately.



# Broccoli Stem & Cauliflower Core Salad

## Ingredients

Broccoli Stems  
Cauliflower Cores  
Lemon Juice  
Balsamic  
Salt and Pepper

## Directions

1. Peel and slice the stems and cores as thinly as possible.
2. Add them to a bowl. Dress the salad with lemon juice, balsamic, salt and pepper. Super quick, easy and fresh salad



# Cream of Wilting Spinach and Cauliflower Stalk Soup

## Ingredients

5 C of chopped cauliflower stems and leaves  
2 C of chicken/vegetable broth  
2 minced garlic cloves  
3/4 cup of chopped onion  
1-2 C of water as needed  
2 Tbsp butter  
2-3 handfuls of wilted spinach or other leafy green  
Salt and pepper to taste

## Directions

1. Combine cauliflower stems and leaves, broth, and garlic in a large pot. Add enough water to cover the leaves
2. Cover pot and bring liquid to a simmer. Heat butter in a skillet over medium heat, cook and stir onion until translucent, about 5-10 minutes
3. Add onion to the soup and simmer until stems soften, about 1.5-2 hours
4. Pour soup into a blender and blend in batches until smooth
5. Return soup to pot and stir in the spinach, salt and pepper to taste
6. Simmer for another 5 minutes



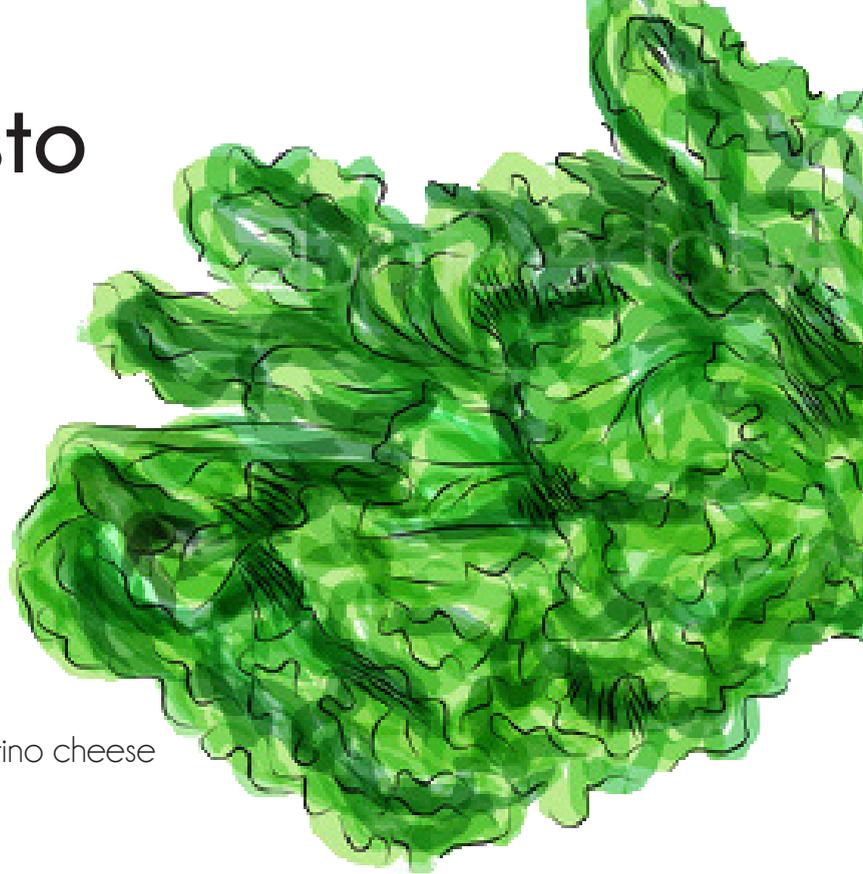
# Kale Stem Pesto

## Ingredients

- 1 heaping cup chopped kale stems
- 3 cloves of garlic
- ½ C toasted walnuts or pine nuts
- Big handful of parsley and/or basil
- Juice & zest of 1 lemon
- Salt & pepper
- Pinch of red pepper flakes
- ¼ C olive oil
- Optional - drizzle of balsamic vinegar
- Optional - grated parmesan or pecorino cheese

## Directions

1. Place stem pieces in a small pot and fill with enough water to cover them halfway up. Toss in the garlic and a few pinches of salt. Simmer until the stems become knife-tender (about 20 minutes)
2. Drain and let cool
3. In a food processor, pulse the cooked stems. Add remaining ingredients and drizzle with olive oil. Taste and adjust to your liking.



# Wilted Lettuce Salad

## Ingredients

- 1 head of neglected, wilted lettuce
- 6 green onions with tops-thinly sliced
- Bacon
- 2 Tbs red wine vinegar
- 1 Tbs lemon juice
- 1 tsp white sugar
- ½ tsp ground black pepper

## Directions

1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove from skillet, crumble and set aside.
2. To the hot bacon drippings, add the vinegar, lemon juice, sugar and pepper. Stir over medium heat until hot.
3. In a large bowl, combine the lettuce and green onions. Add the warm dressing and toss to evenly coat. Sprinkle with bacon and serve.

# Romaine Cores

## Ingredients

Romaine cores

Olive oil

Grated cheese (parmesan)

Nuts

## Directions

1. Sear the core on a grill pan in olive oil
2. Toast the nuts in the same pan
3. Grate cheese and serve the three together



# Green Sauce

## Ingredients

Wilted salad greens

Onions

Water

Salt and pepper to taste

## Directions

1. Collect discarded salad greens from around your kitchen. Several suggestions are excess kale, romaine, spinach and parsley leaves
3. Sauté with onions in water
4. Add to pasta dishes, bonus points if the grains are recycled



# Baked Parsnip and Carrot Peel Chips

## Ingredients

Carrot peelings

Parsnip peelings (optional)

Olive Oil

Spices of choice

## Directions

1. Preheat oven to 400 degrees
2. Coat peelings with olive oil and desired spices
3. Place on a lined baking sheet in a single layer
4. Bake for 8-10 minutes until browned and crispy



# Baked Potato Peel Chips

## Ingredients

Potato peelings

Olive oil

Seasonings (suggestions include vinegar and salt, paprika or Sriracha)

## Directions

1. Preheat oven to 400 degrees Fahrenheit. In a medium sized bowl, toss peels, oil and seasonings
2. Lay coated peelings flat on baking sheet and bake for 15 or 20 minutes, flipping halfway through.



# Sauteed Pea Greens

## Ingredients

1 lb. pea greens

Olive oil

Salt

Garlic

## Directions

1. Trim off and discard any tough ends of pea greens
2. Heat about 1 tablespoon olive oil or grapeseed oil in a very large frying pan or wok over high heat. If you like, add 1 clove minced garlic and/or several chopped green onions and cook, stirring, until fragrant, about 30 seconds
3. Add pea greens and cook, stirring, until pea greens wilt and soften, about 3 minutes.
4. Season to taste with salt. Drizzle with a bit of extra-virgin olive oil (lemon infused oil is particularly lovely on pea greens) and add a squirt of lemon juice, if you'd like



# Roasted Pumpkin Skin

## Ingredients

Pumpkin skin in 2- to 3-inch pieces

Olive oil

Salt

## Directions

1. Toss pumpkin skin, olive oil and salt
2. Spread in a single layer on a cookie sheet or glass tray and roast at 350 degrees Fahrenheit for about 20 minutes until somewhat shriveled and crispy. Keep an eye on these. They can burn easily in the last couple of minutes



# Roasted Pumpkin Seeds

## Ingredients

Pumpkin seeds

Olive oil

Salt

Spices if desired (I sprinkled these with a bit of cayenne)

## Directions

1. Remove as many pumpkin chunks as you can from the seeds
2. Toss pumpkin seeds, olive oil, salt and spices
3. Spread in a single layer on a cookie sheet or glass tray and roast at 350 degrees Fahrenheit for 20 or 30 minutes until golden and crunchy



# Swiss chard Stalk Hummus

## Ingredients

3-4 C of coarsely chopped swiss chard stalks

2 garlic cloves

½ C of sesame tahini

¼- ½ C of lemon juice, to taste

2-4 tbs of olive oil

Salt and pepper to taste

## Directions

1. Steam the chard stalks until tender, about 15 minutes
2. Drain and let cool. Puree in a food processor or blender until smooth
3. Add garlic and tahini and blend again. While the machine is running, add the lemon juice, salt and pepper
3. Transfer dip to a bowl and drizzle the olive oil on top. If it seems a bit runny, refridgerate until it thickens



# Bruised Tomato Sauce

## Ingredients

Bruised, overripe tomatoes

Seasonings of choice

Olive oil or butter to taste

Wilted basil

## Directions

1. Cut an "X" on the bottom of the tomatoes close to the surface and freeze them overnight
2. Take tomatoes out of the freezer and under running water, peel the outer skin of the tomatoes starting at the "X" that you created (this method of peeling tomatoes creates the least amount of waste!)
3. Cut the tomatoes into smaller pieces and let them simmer in a pot to create a sauce. Add whatever seasonings you want (wilted basil, crushed pepper, olive oil, salt, pepper, butter, onion, etc.)



# Vegetable Scrap Lentil Soup

## Ingredients

- 1 tsp olive oil
- 2 cloves of garlic, minced
- 1 small onion, diced
- 3 wilted celery stalks, minced
- Carrot peels and tops
- Green bean ends
- 1-2 handfuls wilted spinach or other leafy green
- 1 Cup uncooked red lentils (or other grain of choice)
- 5-6 C of vegetable broth
- 1 14 oz can diced tomatoes, with the juice
- ¼ to ½ smoked paprika, to taste
- 2 tsp chili powder
- 1 ¼ tsp ground cumin
- ⅛ tsp cayenne pepper, or to taste
- ½ tsp ground coriander
- Salt and pepper to taste



## Directions

1. In large sauce pan, heat the oil over medium heat and add onion and garlic and saute for 5-6 minutes, until translucent
2. Add wilted celery, carrot scraps, and green beans ends and saute for a few more minutes and then add spices (except salt and pepper), stir to combine, and saute for a couple more minutes
3. Stir in the tomatoes and their juice, the broth, and the washed lentils. Bring mixture to a boil, reduce heat to medium simmer (uncovered) for 2-25 minutes, until lentils are tender
4. Season with salt and pepper. Stir in the wilted greens until combined and serve hot

# Mushroom Soup Stock

## Ingredients

2 C frozen mushroom stems

2 C frozen vegetable leftovers (suggestions include carrot trimmings, celery, shallot and onion skins)

1 clove of garlic (minced)

Parsley

8 C Water

## Directions

1. Combine ingredients in a large pot and bring to a boil, then lower heat to simmer. Keep partially covered for 40 minutes then remove covering and simmer again for 30 minutes
2. Allow stock to cool
3. Pour through strainer, using a spoon to press scraps against the strainer to squeeze out liquid
4. Discard scrap solids (bonus points for composting) and store stock in container



# Chicken Scrap Soup

## Ingredients

Leftover chicken scraps

Carrot shavings

Parsnips shavings

Onions

Garlic

## Directions

1. Boil chicken scraps. If you're boiling them in a pressure cooker, 30 minutes is fine. If you're boiling the chicken scraps in a regular pot, boil for 2 hours minimum
2. Strain the chicken broth through a cheesecloth and into another pot
3. Add the vegetables, garlic, and onions. Boil again in a pressure cooker for an hour or for 3 hours in a regular pot. Salt to taste.



# Vegetable Scrap Salad

## Ingredients

Broccoli Leaves

Cabbage Cores

Carrot Scraps

Kohlrabi Greens

Kale Stems

Pumpkin Seeds

Mixed Greens (Optional)

Olive Oil

Balsamic

## Directions

1. Toss all scraps into a bowl
2. Add Olive Oil and Balsamic. Bonus Tip: You can sprinkle fennel fronds on top!

# All Scraps Vegetable Stock

To make 2 quarts of vegetable stock, use 4 cups of vegetable scraps

Suggested vegetable scraps to use include: celery, onion, carrots, fennel, chard, lettuce, spinach, parsnips, squash, green beans, bell peppers, eggplants, asparagus, tomatoes, mushrooms (and stems), parsnips, leeks, potatoes, herbs (bay leaves, parsley, thyme)

## Ingredients

4 C of washed vegetable scraps cut into similar-sized pieces (can be kept in the fridge if collected in a week, or stored in freezer in an airtight bag/storage container if collected for longer)

Enough water to cover vegetables by about 2 inches (less water will make a more concentrated stock)

## Directions

1. Place vegetables in a large pot and cover with water
2. Set to medium-high heat and bring to just under a boil
3. Once bubbles begin to form around the edges, turn heat down to medium-low
4. Cook for about an hour, stirring occasionally
5. Strain the broth, let cool completely, and freeze (or keep in fridge if using in the next couple of days)

# Juice Pulp Veggie Meatballs

## Ingredients

- 2 C veggie pulp
- 1 tsp olive oil
- ½ red pepper, diced
- 1 zucchini, shredded
- 2 cloves garlic, minced
- 1 tablespoon parsley
- ¾ tablespoon Italian seasoning

## Directions

1. In a large skillet, heat oil and saute veggies over medium heat until soft
2. Turn off heat and mix the veggie pulp with the sauteed vegetables. Add parsley and italian seasoning and mix thoroughly.
3. Form dough into balls and bake them for 15 minutes at 350 degrees Fahrenheit.



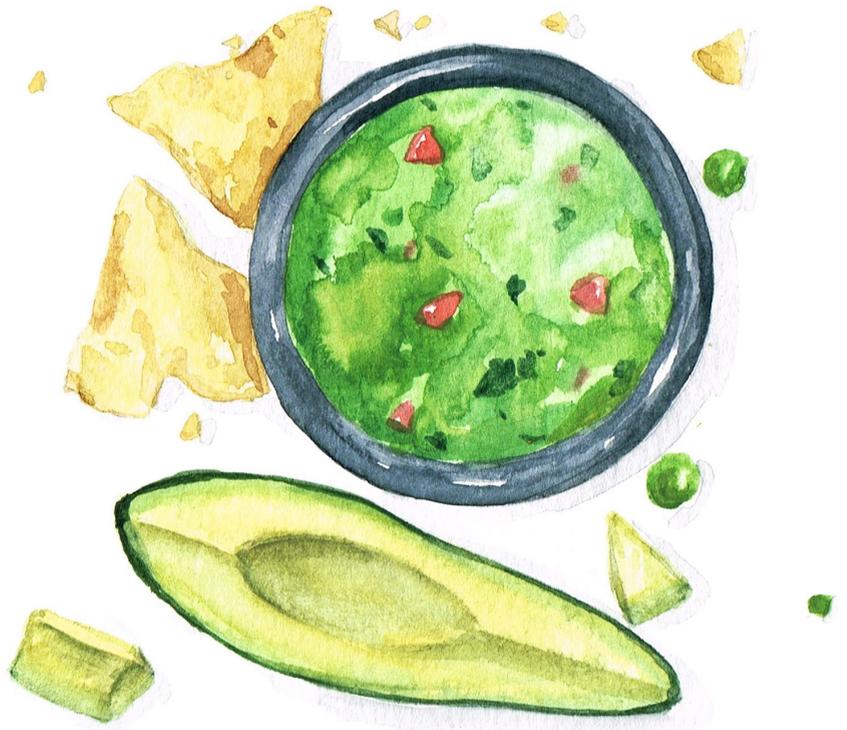
# Juice Pulp Guacamole

## Ingredients

- 1-2 C of vegetable pulp
- 1-2 avocados
- Lemon/lime juice to taste
- Salt and pepper to taste
- ¼ C cilantro, chopped (optional)
- 1 tsp jalapeno pepper, minced (optional)

## Directions

1. Mix vegetable pulp and avocados together and mash until creamy and smooth
2. Add lemon/lime juice, salt, pepper, cilantro, and jalapeno a little bit at a time until desired taste is achieved.





# Food Scrap Recipes: Smoothies

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# Parsley Stem Smoothie

## Ingredients

Handful of Leftover Parsley Stems (and leaves, if available)

1 old banana

½ C orange juice

1 C ice cubes

## Directions

1. Combine ingredients in a blender, adding banana and ice first followed by orange juice and stems.
2. Blend until liquified



# Aged Tropical Fruit Smoothie

## Ingredients

- 1 browning avocado
- 1 frozen mango, cut into chunks
- Lime juice
- ¼-½ C of bruised, ripe pineapple

## Directions

1. Blend all ingredients until smooth. If freezing mango isn't your style, use fresh mango and ice cubes.





## Repurposed Food Recipes: Bread and Cheese

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# Breadcrumbs/Croutons

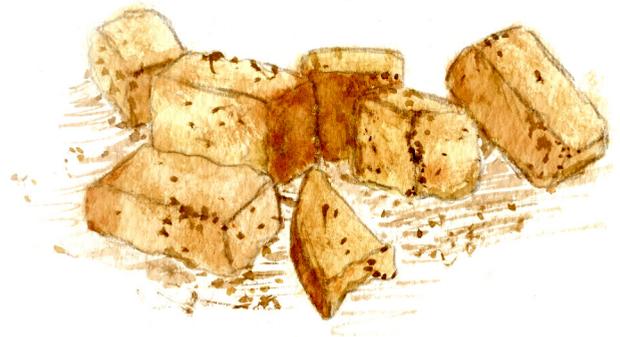
## Ingredients

Stale bread

Seasonings of choice (salt, pepper, garlic powder, etc.)

## Directions

Preheat oven to 250 degrees Fahrenheit. Cut bread into large crouton-sized chunks. Place on cookie sheet and sprinkle with seasonings. Bake for about 10 minutes or until bread is dry and crunchy. Use as croutons or grate/grind in a food processor for breadcrumbs



# Stale Tortilla Chips

## Ingredients

Stale tortillas

Cooking spray or oil

Garlic powder

Onion powder,

Cayenne,

Cumin,

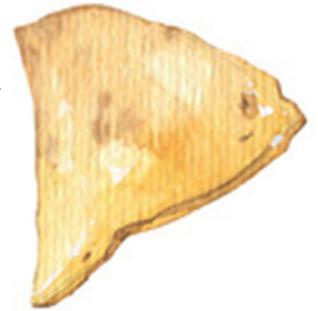
Chili powder, or whatever seasonings you like

## Directions

1. Gather your old wraps and tortilla shells, and use a pizza cutter to slice them into chip shapes. I haven't yet figured out the mathematical formula of cuts to make every piece a nice triangle chip shape. To make it easier, just cut the tortilla into strips to make squares. It helps with even cooking if you make each chip a similar size.

2. Lay out chips on to cookie sheets and spray with a mist of cooking spray and top with seasonings

3. Cook in the oven at 350 degrees for about 15 minutes. Test one for crispiness; if you're not satisfied with the crunch, leave in oven for longer.



# Stale Bread and Cheese Rind Soup

## Ingredients

- 1 piece of Parmesan rind
- 2 C stale bread, torn/cut into 1/2-inch pieces
- Olive oil
- 1 onion, diced
- 2 cloves garlic
- Celery (optional)
- Salt and pepper to taste
- 1/2 C chopped fresh herbs(parsley/rosemary/thyme) or 2 Tbs dried herbs
- 1/2 tsp chile flakes
- 3 fresh tomatoes (peeled) or 1 14 ounce can diced
- 1 bunch leafy greens (cauliflower greens/beet greens/radish greens/kale/spinach/swiss chard/etc)
- 1/4 C water
- 2 C cooked beans (black/pinto/cannellini/chickpeas)
- 2 C broth (from beans/chicken/veggie stock/cans of tomatoes/water)



## Directions

1. Heat 2-3 tbsp olive oil in a large pot and add onion, garlic and celery until they soften
2. Add the herbs and chile flakes and a little bit of salt. Add the tomatoes and cook for a few minutes over medium heat, then add broth/water, beans, and parmesan rind
3. Bring to a simmer, then add the bread and more olive oil (about a 1/4 cup). The bread will soak up the soup and then liquify into it
4. After about 15 minutes, add chopped greens, cover and cook over low heat for another 15 minutes until the greens are wilted, stirring occasionally
5. Taste it, add more broth, salt or pepper if needed and then take it off the heat. Remove parmesan rind and sever. You can add grated parmesan, olive oil, or some more pepper on top if desired.

# Creamy Cheese Rind Dip

## Ingredients

Any cheese rind

¼ C of cream cheese or sour cream

3 cloves of minced fresh garlic

Handful of minced onions/chives

Salt and pepper to taste

## Directions

1. In a food processor or blender add cheese rinds and cream cheese/sour cream and blend until well blended and creamy (if too thick, add some milk a little at a time until desired consistency)
2. Scoop out into a bowl and mix in the garlic, onions/chives and mix
3. Add salt and pepper to taste.





# Repurposed Food Recipes: Pizza

- Leftover pizza frittata 50
- Leftover pizza scrambled eggs 51
- Leftover pizza croutons 52

# Pizza Frittata

## Ingredients

- 2-3 slices of left-over pizza chopped into pieces
- 1 Tbs of olive oil
- 2 ½ C of chopped, fresh spinach
- 6 eggs, lightly beaten
- 1 minced garlic clove
- ¾ C cheddar cheese
- ½ tsp Italian seasonings or seasonings of choice
- Salt and pepper to taste

## Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Place chopped pizza into a large bowl.
3. Heat the olive oil in a sauté pan and add the garlic and spinach. Cook until the spinach are wilted and then add to bowl.
4. In a separate bowl, beat the eggs and add the cheddar cheese, salt, pepper, and other seasonings.
5. Add the egg mixture to the bowl and mix everything thoroughly, then let sit for about 10 minutes to let the eggs absorb into the pizza.
6. Pour mixture into a greased 8 inch square or circular baking dish.
7. Place in the oven and bake for 20-25 minutes until golden brown on top and cooked through (may take longer to bake if leftover pizza was moister)



# Pizza Scrambled Eggs

## Ingredients

2 slices of leftover pizza  
2 Tbs milk  
3 eggs  
¼ tsp onion powder  
1 tsp italian seasoning  
2 Tbs oil  
Additional vegetables  
Salt and Pepper

## Directions

1. Remove the cheese and toppings from the pizza slices and heat them with milk in a saucepan over medium-high heat until they appear soft then turn off the burner
2. Mix eggs, additional vegetables, seasonings, salt and pepper
3. Heat oil over medium-high heat then pour in egg mixture, leaving it alone for one minute
4. Add pizza topping mixture and stir consistently until you reach a preferred consistency. Serve!



# Pizza Croutons

## Ingredients

Stale/leftover pizza

Vegetable oil to fry

## Directions

1. Remove pizza crust from rest of slice
2. Place slices on top of each other in pairs, cheese side facing in and cut into small squares, approximately 1 inch wide
3. Add vegetable oil to a frying pan, heat and then add pizza cubes
4. Fry for 3 minutes or until the cheese in the center melts and the bottom turns golden brown
5. Flip and fry for an additional 3 minutes or until appear golden brown and crunchy, then pat the croutons dry with paper towel
6. Add to soups, salads or eat on their own.



## Repurposed Food Recipes: Pasta and Rice

- Leftover fried breakfast noodles 54
- Leftover Spaghetti and zucchini pancakes 55
- Leftover mac & cheese bake 56
- Leftover fried rice pudding 57

# Fried Breakfast Noodles

## Ingredients

- 1-2 C of plain leftover, cooled pasta
- 1 ½ tbs of butter
- 2 eggs
- Cheese to taste
- Salt & pepper to taste

## Directions

1. Place butter into small frying pan and melt over low heat, then add pasta and cook until edges are browned and crispy, stirring occasionally
2. Break eggs into the pan and stir until cooked through
3. Add cheese, salt and pepper to taste.



# Spaghetti and Zucchini Pancakes

## Ingredients

8 oz cooked spaghetti, cooked and cool  
1 C leftover marinara sauce, warmed  
 $\frac{1}{4}$  C plus 1 Tbs olive oil  
1 onion, chopped  
1 medium zucchini, grated  
2 eggs, lightly beaten  
 $\frac{3}{4}$  C grated pecorino cheese  
Salt and pepper to taste



## Directions

1. Heat 1 tablespoon oil in a large skillet over medium-high heat then add onion and zucchini and cook until soft (about 6-8 minutes)
2. Combine spaghetti, eggs, cheese, and cooked vegetables in a medium bowl and season with salt and pepper
3. In the skillet, heat up the remaining  $\frac{1}{4}$  cup of oil and cook  $\frac{1}{2}$  cup portions of mixture at a time until golden brown and crispy (3-4 minutes). Serve with sauce.

# Mac & Cheese Bake

## Ingredients

4 Tbs unsalted butter, plus more to grease the baking dish

Herbs such as rosemary, basil, and oregano (Optional)

Salt

Stale or leftover bread

Leftover Mac & Cheese

## Directions

1. Preheat the oven to 350 degrees Fahrenheit and lightly butter a 9- by 13-inch baking dish
2. Cut bread into 1-inch cubes and place bread cubes in blender with herbs and salt.
3. Pulse blender on low until coarse crumbs form.
4. Pour the macaroni and cheese into the prepared baking dish and top with the bread crumb mixture
5. Bake until light golden brown and bubbling, about 30 minutes. Serve hot.

Tip\*: Leftover mac and cheese stays good in the freezer for 2 months



# Fried Rice Pudding

## Ingredients

- 2 C fried rice
- 2 C whole milk
- 3 Tbs sugar
- 1 tsp sugar
- $\frac{1}{8}$  tsp salt
- 1 tsp vanilla extract

## Directions

1. Heat milk, rice, sugar and salt in (uncovered) medium saucepan for up to 20 minutes, stirring occasionally, until visibly thicker
2. Separate vegetables as they float to the top, add them to compost. Remove from heat once thickened
3. Mix in vanilla extract. Optional: serve with cinnamon and whipped cream.





# Repurposed Food Recipes: Poultry

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- Mediterranean chicken wrap 60
- Leftover chicken noodle soup 61
- Leftover chicken and veggie scramble 62
- Leftover turkey salad 63

# Leftover Chicken Fried Rice

## Ingredients

Leftover Rotisserie Chicken  
Leftover Rice (White or Brown)  
Cherry Tomatoes  
Olive Oil  
Salt  
Pepper  
Eggs  
Zucchini  
Black beans

## Directions

1. Saute zucchini, tomatoes, beans and rice in olive oil and season with salt and pepper
2. At the same time, prepare eggs in a separate nonstick pan.
3. Combine rice mixture with the eggs



# Mediterranean Chicken Wrap

## Ingredients

Leftover chicken

Salt

Pepper

Wrap (Whole Wheat, White, Tortilla, etc.)

Tomato

Lettuce, Mixed Greens or Romaine

Any other leftover veggies

Hummus

## Directions

1. Spread hummus on the bottom of the wrap
2. Layer with chicken and assorted vegetables
3. Season with salt and pepper



# Chicken Scraps Noodle Soup

## Ingredients

- 1 Tbs butter
- 1/2 C chopped onion
- 1/2 C chopped celery
- 4 (14.5 oz) cans chicken broth
- 1 (14.5 oz) can vegetable broth
- 1/2 lb. chopped cooked chicken breast
- 1 1/2 C egg noodles
- 1 C sliced carrots
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- Salt and pepper to taste

## Directions

1. In a large pot over medium heat, melt butter
2. Cook onion and celery in butter until just tender, 5 minutes
3. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper
4. Bring to a boil, then reduce heat and simmer 20 minutes before serving.



# Leftover Chicken and Veggie Scramble

## Ingredients

3 eggs

Rotisserie Chicken Scraps

Butter

Leftover Veggies (Onions, Tomatoes, Peppers, etc.)

Salt and Pepper

Cheddar

Milk

## Directions

1. Turn on the stove to medium hot
2. Break the 3 eggs, whisk and add a drop of milk
3. Add salt and pepper to the eggs
4. Add butter to the hot pan and then add the eggs
5. Add the chicken scraps and leftover veggies to pan and scramble.



# Leftover Turkey Salad

## Ingredients

¼ C roasted sunflower seeds

¼ C raisins

2 C leftover turkey (cooked)

2 small apples, diced

¼ C mayonnaise

¼ tsp salt

Juice of ¼ lemon

## Directions

1. Mix all ingredients in a salad bowl
2. Refrigerate for a minimum of 2 hours
3. Serve chilled.



# Tips and Tricks

## **Freezing for the Future**

Pour olive oil (or any other oil option) into ice cube trays, sprinkle in herbs. Freeze so you can use them in later recipes!

Squeeze the juice of citrus fruit into ice cube trays and freeze to save the juice for later!

## **Reviving Wilted Greens, Vegetables, and other Foods**

Trim away any parts not requiring rehydration

Leave wilting greens in cold tap water in your fridge until they appear crisp once more (approximately 15-30 minutes)

If you're not going to use them immediately, dry them and store in plastic bags with paper towel or dry towels to absorb any leftover water (this prevents the growth of bacteria)

To revive day-old muffins: lightly sprinkle with tap water, store in paper bag and place in oven for 5 to 10 minutes. The resulting steam will re-moisten your muffin!

## **Preventing Vegetables and Fruits from Browning**

When cutting an avocado, do so with a non-metal knife (i.e. plastic) and do not remove the pit from the unused portion

Keep a slice of lemon in a bag of cut fruit (like apples) to prevent browning

Wrap the top area where bananas bunch in tin foil

## **Bonus Uses of Citrus Peel**

Add the peel to a bag of sugar and store in refrigerator to prevent the sugar from hardening.

Instead of throwing the peel into the garbage, throw it into the disposal! Your kitchen will smell fresh for hours.

## **How to Order Your Fridge to Prevent Decomposition Without Humidity-Controlled Drawers**

Keep vegetables in the bags provided by the grocery store or vendor, place them on the top shelf

The crisper drawer then can be used to hold dried fruits, nuts and flour

# Introduction to Food Waste

Food waste is a global issue that has serious environmental, economic and social implications. It is estimated that about 40% of all food produced is wasted each year and that 1 in 6 people in the United States does not know where their next meal will come from. Although food is lost throughout the entire food supply chain (farm, processing, retail, consumer, etc.), in high-income countries the majority of food waste is generated toward the end of the chain, primarily by post-consumer activities. At the consumer level, perishable fruits and vegetables are the most commonly wasted foods, followed by dairy and meat products. This means that not only are the food products and the energy required to produce them going to waste, but also the money spent on purchasing these items is going down the drain. Despite an alarming portion of U.S. food products ending up in landfills, the food industry is content to produce and sell more food items as they continue to generate larger profits. Because of this, we believe that any significant change must begin with the consumer, as changes at this level can influence food waste reduction in other areas of the supply chain.

While changing consumer behavior seems like a daunting task, it can be achieved by helping households make smarter choices in the kitchen. To encourage people to waste less food and save more money, we have created a cookbook that focuses on fighting food waste at the consumer level by providing simple, accessible recipes. The initial concept of this project was to create a cookbook to help guide and inspire students and young cooks at our university. However, we believe it is a great resource for anyone hoping to reduce food waste by cooking simple, delicious recipes using food scraps, leftovers and other ingredients that are often considered trash.

# About this Book

The cookbook is divided into two sections, one focusing on food scrap recipes and the other on recipes for repurposing leftover food. Fruit and vegetable scraps are the stars of the food scrap recipe section, since the abundant remainders of these food groups are often disregarded. The repurposed food section of the cookbook features recipes that transform common leftovers into tasty dishes.

Many of the recipes in this cookbook were created, prepared and tasted by the authors of this book and fellow students from the University of Wisconsin-Madison; while others were inspired and adapted from recipes found on food waste reduction websites and blogs. All of the tips and recipes in this cookbook are available online at the web address, <http://www.theamazingwastecookbook.wordpress.com>, where one can also view step-by-step instructional videos for select recipes. Cooking with food scraps entails thinking outside of the box, breaking the rules and getting creative in the kitchen, so we encourage experimentation and modification of these recipes to fit your tastes and needs!

This cookbook has been made possible by the support and guidance of our instructors, Tyler Lark and Holly Gibbs, as well as by the advice and feedback of our fellow classmates. We are also thankful to Slow Food, FH King and other student organizations at UW-Madison for their interest and support in helping us to encourage others to reduce food waste.

Thank you for your interest in the Amazing Waste Cookbook. This cookbook was created by a team of four UW-Madison students dedicated to saving people money and protecting the environment through the reduction of food waste. The initial concept of this project was to create a cookbook to help guide and inspire undergraduate students and young cooks like us. However, we believe it is a great resource for anyone hoping to reduce food waste by cooking simple, delicious recipes using food scraps, leftovers and other ingredients that are often considered trash. The cookbook is divided into two sections, one focusing on food scrap recipes and the other on recipes for repurposing leftover food. Fruit and vegetable scraps are primarily featured in the food scrap recipe section, since these commodities are often disregarded and disposed. The repurposed food section of the cookbook features recipes that transform common leftovers into delicious and nutritious dishes.

For more information and recipe videos visit :

[theamazingwastecookbook.wordpress.com](http://theamazingwastecookbook.wordpress.com)

[www.gibbs-lab.com/Foodwaste](http://www.gibbs-lab.com/Foodwaste)

[nelson.wisc.edu](http://nelson.wisc.edu)

# about the authors



Hannah is a junior studying Life Science Communication and Environmental Studies at the University of Wisconsin-Madison. She is currently working toward earning certificates in Global Health and African Studies, and she plans to join the Peace Corps after graduation in May 2017. Her class experience with scientific communications has prompted thought about how science interacts with everyday life, spurring her interest in a food waste project applicable to the average college student. Hannah's international experience has allowed her a glimpse of how different communities view food and environmental health. She hopes this cookbook will be used as an educational tool in teaching others that the average person can adopt more environmental and health-friendly attitudes toward food consumption.



Halie is a senior graduating with a bachelor of science degree in Interior Architecture and a certificate in sustainability from the University of Wisconsin-Madison. After graduation, she plans to work for an architecture firm in Milwaukee. Although her main goal with receiving her certificate is getting background knowledge on sustainable building practices as she works toward her LEED accreditation, a lot of her classes have exposed food waste as a huge issue and it has piqued her interest. She has found that the more she learns about it, the more she sees her opportunities to make a difference with her daily choices.



Will is studying Environmental Science and Environmental Studies at the University of Wisconsin-Madison. He is planning on graduating in May, 2016. He conducts research with Professor Molly Jahn to promote the creation of sustainable food systems. Will's history with food systems has been an interesting one. He has production experience with both small scale organic CSA's as well as large scale industrial dairy farming. The inspiration for this cookbook--a food waste capstone with Professor Holly Gibbs--has opened his mind up to the importance of managing the entire food supply chain. He hopes that the Madison community will be able to utilize the tips and recipes in this cookbook to significantly reduce the food waste at home.



Astrid studies Conservation Biology and Environmental Studies at the University of Wisconsin-Madison. While she is an environmentalist, gardener and an all-around lover of the outdoors, she has always been primarily devoted to the kitchen, where she loves to spend time cooking healthy, delicious food. Her past experiences in landscape ecology research have taught her that separate components of biological systems are deeply interconnected, something that she has realized also applies to food waste created by the food system. She believes that changing the way consumers view and interact with food can significantly impact how other sectors of the food system operate and how food waste is managed. Food waste is an important topic, and Astrid hopes resources like this cookbook will spread awareness of this issue, as well as inspire cooks to make simple lifestyle changes to reduce food waste in their homes.



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